

Ballas Egg Products Corp.

40 North Second Street

P.O. Box 2217

Zanesville, Ohio 43701

(740) 453-0386 FAX (740) 453-0491

Frozen Egg – Nutritional Information

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Frozen Whole Eggs Nutritional information per 100g *

| | |
|--------------------|----------|
| Calories | 148 kcal |
| Calories from Fat | 92 kcal |
| Carbohydrate | 1.05 g |
| Protein (N x 6.25) | 11.95 g |
| Ash | 0.95 g |
| Moisture | 75.85 g |

| | |
|---------------------|--------|
| Total Fat | 10.2 g |
| Saturated Fat | 3.15 g |
| Monounsaturated Fat | 3.89 g |
| Polyunsaturated Fat | 1.41 g |
| Trans Fatty Acids | 0 g |
| Cholesterol | 432 mg |

MINERALS

| | |
|------------|----------|
| Calcium | 59 mg |
| Copper | 0.053 mg |
| Iron | 1.85 mg |
| Magnesium | 11 mg |
| Manganese | 0.034 mg |
| Phosphorus | 202 mg |
| Potassium | 130 mg |
| Sodium | 133 mg |
| Zinc | 1.38 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.665 g |
| Arginine | 0.717 g |
| Aspartic acid | 1.201 g |
| Cystine | 0.277 g |
| Glutamic acid | 1.562 g |
| Glycine | 0.402 g |
| Histidine | 0.283 g |
| Isoleucine | 0.652 g |
| Leucine | 1.021 g |
| Lysine | 0.858 g |
| Methionine | 0.373 g |
| Phenylalanine | 0.635 g |
| Proline | 0.476 g |
| Serine | 0.889 g |
| Threonine | 0.574 g |
| Tryptophan | 0.145 g |
| Tyrosine | 0.488 g |
| Valine | 0.728 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 525 IU |
| Vitamin B1 – Thiamin | 0.06 mg |
| Vitamin B2 – Riboflavin | 0.46 mg |
| Vitamin B3 – Niacin | 0.075 mg |
| Vitamin B6 – Pyridoxine | 0.162 mg |
| Vitamin B12 | 1.07 mcg |
| Folic Acid | 73 mcg |
| Pantothenic acid | 1.48 mg |

* Data from Agricultural Research Service, USDA

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Frozen Salted Whole Eggs Nutritional information per 100g *

| | |
|--------------------|----------|
| Calories | 135 kcal |
| Calories from Fat | 81 kcal |
| Carbohydrate | 1.5 g |
| Protein (N x 6.25) | 11 g |
| Ash | 10.1 g |
| Moisture | 68.5 g |

| | |
|---------------------|--------|
| Total Fat | 9 g |
| Saturated Fat | 2.83 g |
| Monounsaturated Fat | 3.50 g |
| Polyunsaturated Fat | 1.27 g |
| Trans Fatty Acids | 0 g |
| Cholesterol | 389 mg |

MINERALS

| | |
|------------|----------|
| Calcium | 53 mg |
| Copper | 0.135 mg |
| Iron | 2.41 mg |
| Magnesium | 12 mg |
| Manganese | 0.037 mg |
| Phosphorus | 238 mg |
| Potassium | 128 mg |
| Sodium | 3839 mg |
| Zinc | 1.49 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.601 g |
| Arginine | 0.649 g |
| Aspartic acid | 1.086 g |
| Cystine | 0.250 g |
| Glutamic acid | 1.412 g |
| Glycine | 0.363 g |
| Histidine | 0.256 g |
| Isoleucine | 0.589 g |
| Leucine | 0.923 g |
| Lysine | 0.776 g |
| Methionine | 0.337 g |
| Phenylalanine | 0.574 g |
| Proline | 0.431 g |
| Serine | 0.805 g |
| Threonine | 0.520 g |
| Tryptophan | 0.132 g |
| Tyrosine | 0.442 g |
| Valine | 0.659 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 473 IU |
| Vitamin B1 – Thiamin | 0.05 mg |
| Vitamin B2 – Riboflavin | 0.41 mg |
| Vitamin B3 – Niacin | 0.07 mg |
| Vitamin B6 – Pyridoxine | 0.146 mg |
| Vitamin B12 | 1.84 mcg |
| Folic Acid | 68 mcg |
| Pantothenic acid | 1.39 mg |

* Data from Agricultural Research Service, USDA

Product code #7210

Issue Date: 9/17/09, Last Revision: 9/17/09

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(740) 453-0386 FAX (740) 453-0491

Frozen Plain Egg Yolks

Nutritional information per 100g *

| | |
|--------------------|----------|
| Calories | 303 kcal |
| Calories from Fat | 230 kcal |
| Carbohydrate | 1.15 g |
| Protein (N x 6.25) | 15.5 g |
| Ash | 1.55 g |
| Moisture | 56.2 g |

| | |
|---------------------|---------|
| Total Fat | 25.6 g |
| Saturated Fat | 7.82 g |
| Monounsaturated Fat | 9.75 g |
| Polyunsaturated Fat | 3.63 g |
| Trans Fatty Acids | 0 g |
| Cholesterol | 1075 mg |

MINERALS

| | |
|------------|----------|
| Calcium | 138 mg |
| Copper | 0.024 mg |
| Iron | 3.34 mg |
| Magnesium | 9 mg |
| Manganese | 0.062 mg |
| Phosphorus | 417 mg |
| Potassium | 118 mg |
| Sodium | 67 mg |
| Zinc | 2.88 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.796 g |
| Arginine | 1.106 g |
| Aspartic acid | 1.515 g |
| Cystine | 0.278 g |
| Glutamic acid | 1.964 g |
| Glycine | 0.479 g |
| Histidine | 0.402 g |
| Isoleucine | 0.784 g |
| Leucine | 1.362 g |
| Lysine | 1.230 g |
| Methionine | 0.384 g |
| Phenylalanine | 0.662 g |
| Proline | 0.647 g |
| Serine | 1.324 g |
| Threonine | 0.823 g |
| Tryptophan | 0.181 g |
| Tyrosine | 0.689 g |
| Valine | 0.863 g |

VITAMINS

| | |
|-------------------------|-----------|
| Vitamin A | 1410 IU |
| Vitamin B1 – Thiamin | 0.155 mg |
| Vitamin B2 – Riboflavin | 0.52 mg |
| Vitamin B3 – Niacin | 0.045 mg |
| Vitamin B6 – Pyridoxine | 0.345 mg |
| Vitamin B12 | 1.821 mcg |
| Folic Acid | 116 mcg |
| Pantothenic acid | 3.52 mg |

* Data from Agricultural Research Service, USDA

Product code #5010

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Frozen Salted Egg Yolks **Nutritional information per 100g ***

| | |
|--------------------|----------|
| Calories | 274 kcal |
| Calories from Fat | 207 kcal |
| Carbohydrate | 1.6 g |
| Protein (N x 6.25) | 14 g |
| Ash | 10.6 g |
| Moisture | 50.8 g |

| | |
|---------------------|--------|
| Total Fat | 23 g |
| Saturated Fat | 7.03 g |
| Monounsaturated Fat | 8.85 g |
| Polyunsaturated Fat | 3.15 g |
| Trans Fatty Acids | 0 g |
| Cholesterol | 955 mg |

MINERALS

| | |
|------------|----------|
| Calcium | 114 mg |
| Copper | 0.109 mg |
| Iron | 3.75 mg |
| Magnesium | 10 mg |
| Manganese | 0.062 mg |
| Phosphorus | 431 mg |
| Potassium | 117 mg |
| Sodium | 3780 mg |
| Zinc | 2.84 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.719 g |
| Arginine | 0.999 g |
| Aspartic acid | 1.369 g |
| Cystine | 0.251 g |
| Glutamic acid | 1.774 g |
| Glycine | 0.432 g |
| Histidine | 0.363 g |
| Isoleucine | 0.708 g |
| Leucine | 1.230 g |
| Lysine | 1.111 g |
| Methionine | 0.347 g |
| Phenylalanine | 0.598 g |
| Proline | 0.585 g |
| Serine | 1.196 g |
| Threonine | 0.744 g |
| Tryptophan | 0.164 g |
| Tyrosine | 0.623 g |
| Valine | 0.780 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 1190 IU |
| Vitamin B1 – Thiamin | 0.13 mg |
| Vitamin B2 – Riboflavin | 0.43 mg |
| Vitamin B3 – Niacin | 0.04 mg |
| Vitamin B6 – Pyridoxine | 0.261 mg |
| Vitamin B12 | 2.52 mcg |
| Folic Acid | 107 mcg |
| Pantothenic acid | 3.23 mg |

* Data from Agricultural Research Service, USDA

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Frozen Sugared Egg Yolks Nutritional information per 100g *

| | |
|--------------------|----------|
| Calories | 307 kcal |
| Calories from Fat | 205 kcal |
| Carbohydrate | 10.8 g |
| Protein (N x 6.25) | 13.8 g |
| Ash | 1.4 g |
| Moisture | 51.3 g |

| | |
|---------------------|---------|
| Total Fat | 22.75 g |
| Saturated Fat | 6.97 g |
| Monounsaturated Fat | 8.61 g |
| Polyunsaturated Fat | 3.24 g |
| Trans Fatty Acids | 0 g |
| Cholesterol | 959 mg |

MINERALS

| | |
|------------|----------|
| Calcium | 123 mg |
| Copper | 0.012 mg |
| Iron | 3.14 mg |
| Magnesium | 10 mg |
| Manganese | 0.059 mg |
| Phosphorus | 384 mg |
| Potassium | 103 mg |
| Sodium | 67 mg |
| Zinc | 2.81 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.709 g |
| Arginine | 0.985 g |
| Aspartic acid | 1.349 g |
| Cystine | 0.247 g |
| Glutamic acid | 1.749 g |
| Glycine | 0.426 g |
| Histidine | 0.358 g |
| Isoleucine | 0.698 g |
| Leucine | 1.212 g |
| Lysine | 1.095 g |
| Methionine | 0.342 g |
| Phenylalanine | 0.590 g |
| Proline | 0.576 g |
| Serine | 1.179 g |
| Threonine | 0.733 g |
| Tryptophan | 0.161 g |
| Tyrosine | 0.614 g |
| Valine | 0.768 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 1315 IU |
| Vitamin B1 – Thiamin | 0.135 mg |
| Vitamin B2 – Riboflavin | 0.53 mg |
| Vitamin B3 – Niacin | 0.023 mg |
| Vitamin B6 – Pyridoxine | 0.284 mg |
| Vitamin B12 | 1.77 mcg |
| Folic Acid | 139 mcg |
| Pantothenic acid | 3.2 mg |

* Data from Agricultural Research Service, USDA

Product code #5420

Issue Date: 9/17/09, Last Revision: 9/17/09

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(740) 453-0386 FAX (740) 453-0491

Frozen Egg Whites with Guar Gum **Nutritional information per 100g ***

| | |
|--------------------|---------|
| Calories | 47 kcal |
| Calories from Fat | 0 kcal |
| Carbohydrate | 1.05 g |
| Protein (N x 6.25) | 9.8 g |
| Ash | 0.6 g |
| Moisture | 88.55 g |

| | |
|-------------|------|
| Total Fat | 0 g |
| Cholesterol | 0 mg |

MINERALS

| | |
|------------|----------|
| Calcium | 7 mg |
| Copper | 0.012 mg |
| Iron | 0.05 mg |
| Magnesium | 10 mg |
| Manganese | 0.007 mg |
| Phosphorus | 13 mg |
| Potassium | 136 mg |
| Sodium | 158 mg |
| Zinc | 0.02 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.566 g |
| Arginine | 0.533 g |
| Aspartic acid | 0.997 g |
| Cystine | 0.254 g |
| Glutamic acid | 1.301 g |
| Glycine | 0.343 g |
| Histidine | 0.221 g |
| Isoleucine | 0.554 g |
| Leucine | 0.826 g |
| Lysine | 0.666 g |
| Methionine | 0.337 g |
| Phenylalanine | 0.572 g |
| Proline | 0.381 g |
| Serine | 0.676 g |
| Threonine | 0.445 g |
| Tryptophan | 0.121 g |
| Tyrosine | 0.381 g |
| Valine | 0.624 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 0 IU |
| Vitamin B1 – Thiamin | 0.005 mg |
| Vitamin B2 – Riboflavin | 0.4 mg |
| Vitamin B3 – Niacin | 0.1 mg |
| Vitamin B6 – Pyridoxine | 0.004 mg |
| Vitamin B12 | 0.06 mcg |
| Folic Acid | 3 mcg |
| Pantothenic acid | 0.155 mg |

* Data from Agricultural Research Service, USDA

Product code #6010

Issue Date: 9/17/09, Last Revision: 9/17/09

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Frozen Egg Whites with Guar Gum & Triethyl Citrate **Nutritional information per 100g ***

| | |
|--------------------|---------|
| Calories | 47 kcal |
| Calories from Fat | 0 kcal |
| Carbohydrate | 1.05 g |
| Protein (N x 6.25) | 9.8 g |
| Ash | 0.6 g |
| Moisture | 88.55 g |

| | |
|-------------|------|
| Total Fat | 0 g |
| Cholesterol | 0 mg |

MINERALS

| | |
|------------|----------|
| Calcium | 7 mg |
| Copper | 0.012 mg |
| Iron | 0.05 mg |
| Magnesium | 10 mg |
| Manganese | 0.007 mg |
| Phosphorus | 13 mg |
| Potassium | 136 mg |
| Sodium | 158 mg |
| Zinc | 0.02 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.566 g |
| Arginine | 0.533 g |
| Aspartic acid | 0.997 g |
| Cystine | 0.254 g |
| Glutamic acid | 1.301 g |
| Glycine | 0.343 g |
| Histidine | 0.221 g |
| Isoleucine | 0.554 g |
| Leucine | 0.826 g |
| Lysine | 0.666 g |
| Methionine | 0.337 g |
| Phenylalanine | 0.572 g |
| Proline | 0.381 g |
| Serine | 0.676 g |
| Threonine | 0.445 g |
| Tryptophan | 0.121 g |
| Tyrosine | 0.381 g |
| Valine | 0.624 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 0 IU |
| Vitamin B1 – Thiamin | 0.005 mg |
| Vitamin B2 – Riboflavin | 0.4 mg |
| Vitamin B3 – Niacin | 0.1 mg |
| Vitamin B6 – Pyridoxine | 0.004 mg |
| Vitamin B12 | 0.06 mcg |
| Folic Acid | 3 mcg |
| Pantothenic acid | 0.155 mg |

* Data from Agricultural Research Service, USDA

Product code #6020

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Frozen Egg Whites

Nutritional information per 100g *

| | |
|--------------------|---------|
| Calories | 47 kcal |
| Calories from Fat | 0 kcal |
| Carbohydrate | 1.05 g |
| Protein (N x 6.25) | 9.8 g |
| Ash | 0.6 g |
| Moisture | 88.55 g |

| | |
|-------------|------|
| Total Fat | 0 g |
| Cholesterol | 0 mg |

MINERALS

| | |
|------------|----------|
| Calcium | 7 mg |
| Copper | 0.012 mg |
| Iron | 0.05 mg |
| Magnesium | 10 mg |
| Manganese | 0.007 mg |
| Phosphorus | 13 mg |
| Potassium | 136 mg |
| Sodium | 158 mg |
| Zinc | 0.02 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.566 g |
| Arginine | 0.533 g |
| Aspartic acid | 0.997 g |
| Cystine | 0.254 g |
| Glutamic acid | 1.301 g |
| Glycine | 0.343 g |
| Histidine | 0.221 g |
| Isoleucine | 0.554 g |
| Leucine | 0.826 g |
| Lysine | 0.666 g |
| Methionine | 0.337 g |
| Phenylalanine | 0.572 g |
| Proline | 0.381 g |
| Serine | 0.676 g |
| Threonine | 0.445 g |
| Tryptophan | 0.121 g |
| Tyrosine | 0.381 g |
| Valine | 0.624 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 0 IU |
| Vitamin B1 – Thiamin | 0.005 mg |
| Vitamin B2 – Riboflavin | 0.4 mg |
| Vitamin B3 – Niacin | 0.1 mg |
| Vitamin B6 – Pyridoxine | 0.004 mg |
| Vitamin B12 | 0.06 mcg |
| Folic Acid | 3 mcg |
| Pantothenic acid | 0.155 mg |

* Data from Agricultural Research Service, USDA

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Frozen Salted Egg Blend (33% egg solids) **Nutritional information per 100g ***

| | |
|--------------------|----------|
| Calories | 200 kcal |
| Calories from Fat | 144 kcal |
| Carbohydrate | 1.6 g |
| Protein (N x 6.25) | 12 g |
| Ash | 10.3 g |
| Moisture | 60.2 g |

| | |
|-------------------|--------|
| Total Fat | 16 g |
| Cholesterol | 660 mg |
| Trans Fatty Acids | 0 g |

MINERALS

| | |
|------------|----------|
| Calcium | 86 mg |
| Copper | 0.123 mg |
| Iron | 3.04 mg |
| Magnesium | 11 mg |
| Manganese | 0.049 mg |
| Phosphorus | 328 mg |
| Potassium | 123 mg |
| Sodium | 3812 mg |
| Zinc | 2.12 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.656 g |
| Arginine | 0.813 g |
| Aspartic acid | 1.219 g |
| Cystine | 0.251 g |
| Glutamic acid | 1.582 g |
| Glycine | 0.395 g |
| Histidine | 0.306 g |
| Isoleucine | 0.645 g |
| Leucine | 1.067 g |
| Lysine | 0.933 g |
| Methionine | 0.342 g |
| Phenylalanine | 0.585 g |
| Proline | 0.503 g |
| Serine | 0.988 g |
| Threonine | 0.625 g |
| Tryptophan | 0.147 g |
| Tyrosine | 0.527 g |
| Valine | 0.715 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 845 IU |
| Vitamin B1 – Thiamin | 0.09 mg |
| Vitamin B2 – Riboflavin | 0.44 mg |
| Vitamin B3 – Niacin | 0.05 mg |
| Vitamin B6 – Pyridoxine | 0.223 mg |
| Vitamin B12 | 2.16 mcg |
| Folic Acid | 86 mcg |
| Pantothenic acid | 2.25 mg |

* Data from Agricultural Research Service, USDA

Product code #8520A

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Frozen Salted Egg Blend (30% egg solids) **Nutritional information per 100g ***

| | |
|--------------------|----------|
| Calories | 178 kcal |
| Calories from Fat | 117 kcal |
| Carbohydrate | 1.5 g |
| Protein (N x 6.25) | 12 g |
| Ash | 10.2 g |
| Moisture | 63.0 g |

| | |
|-------------------|--------|
| Total Fat | 13 g |
| Cholesterol | 567 mg |
| Trans Fatty Acids | 0 g |

MINERALS

| | |
|------------|----------|
| Calcium | 75 mg |
| Copper | 0.127 mg |
| Iron | 2.82 mg |
| Magnesium | 11 mg |
| Manganese | 0.045 mg |
| Phosphorus | 297 mg |
| Potassium | 124 mg |
| Sodium | 3821 mg |
| Zinc | 1.91 mg |

AMINO ACIDS

| | |
|---------------|---------|
| Alanine | 0.637 g |
| Arginine | 0.757 g |
| Aspartic acid | 1.174 g |
| Cystine | 0.250 g |
| Glutamic acid | 1.524 g |
| Glycine | 0.384 g |
| Histidine | 0.289 g |
| Isoleucine | 0.626 g |
| Leucine | 1.018 g |
| Lysine | 0.880 g |
| Methionine | 0.340 g |
| Phenylalanine | 0.581 g |
| Proline | 0.479 g |
| Serine | 0.925 g |
| Threonine | 0.589 g |
| Tryptophan | 0.142 g |
| Tyrosine | 0.498 g |
| Valine | 0.696 g |

VITAMINS

| | |
|-------------------------|----------|
| Vitamin A | 718 IU |
| Vitamin B1 – Thiamin | 0.08 mg |
| Vitamin B2 – Riboflavin | 0.43 mg |
| Vitamin B3 – Niacin | 0.06 mg |
| Vitamin B6 – Pyridoxine | 0.197 mg |
| Vitamin B12 | 2.05 mcg |
| Folic Acid | 80 mcg |
| Pantothenic acid | 1.96 mg |

* Data from Agricultural Research Service, USDA

Product code #8520B

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