



## NUTRITION INFORMATION



	Serving Size (g)	Household Measurement	Calories	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Vitamin D %DV	Vitamin E %DV	Thiamin %DV	Riboflavin %DV	Vitamin B6 %DV	Folate %DV	Vitamin B12 %DV	Pantothenic Acid %DV	Zinc %DV	Meat (ounces)
<b>Egg Beaters®</b>																												
<b>Egg Beaters Original</b>	61	1/4 cup	30	0	0	0	0	0	115	95	1	0	<1	6	15	0	2	6	10	4	10	50	4	15	20	10	4	1
<b>Egg Beaters Cheese &amp; Chive</b>	61	1/4 cup	35	10	1	0.5	0	<5	210	80	1	0	0	5	10	0	2	6	8	4	2	25	4	8	10	6	10	.55
<b>Egg Beaters Garden Vegetable</b>	61	1/4 cup	30	0	0	0	0	0	160	90	1	0	0	5	10	0	2	6	8	4	4	40	4	4	8	4	4	.55
<b>Egg Beaters Southwestern Style</b>	61	1/4 cup	30	0	0	0	0	0	180	85	1	0	0	5	10	0	2	6	8	4	2	40	4	10	8	8	4	.55
<b>Egg Beaters 100% Liquid Egg Whites</b>	46	3 Tbsp.	25	0	0	0	0	0	75	-	1	0	0	5	0	0	0	0	-	-	-	-	-	-	-	-	-	1

Nutrition information updated August 1, 2011. For most current information always check the Nutrition Facts panel on the product. Visit [www.ConAgraFoodsScienceInstitute.com](http://www.ConAgraFoodsScienceInstitute.com) for additional nutrition information.

