

NestFresh

Medium dozen carton

Serving Size 1 egg (44g)			
Amount Per Serving			
Calories	70	Calories from Fat	35
% Daily Value			
Total Fat	4g		6%
Saturated Fat	1.5g		8%
Trans Fat	0g		0%
Cholesterol	190mg		62%
Sodium	65mg		3%
Total Carb.	1g		0%
Protein	6g		10%
Vitamin A	6%	-	Vitamin C 0%
Calcium	2%	-	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Protein		50g	65g