

The Country Hen

Jumbo Brown 6 Count Carton

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet:	
Serving Size 1 egg (63g)		Calories	2,000 2,500
Servings per Container 6		Total Fat	Less than 65g 80g
Amount Per Serving		Sat fat	Less than 20g 25g
Calories 90	Calories from Fat 54	Cholesterol	Less than 300mg 300mg
% Daily Value*		Sodium	Less than 2,400mg 2,400mg
Total Fat 6g	9%	Potassium	3,500mg 3,500mg
Saturated Fat 2g	10%	Total Carbohydrate	300g 375g
<i>Trans</i> Fat 0g		Dietary Fiber	25g 30g
Cholesterol 230mg	77%	Protein	50g 65g
Sodium 90mg	4%	Calories per gram	
Total Carbohydrate 0g	0%	Fat 9 • Carbohydrate 4 • Protein 4	
Protein 8g	16%		
Vitamin A 6%	• Vitamin C 0%		
Calcium 4%	• Iron 6%		
Not a significant source of dietary fiber and sugars.			