

Ballas Egg Products Corp.

40 North Second Street

P.O. Box 2217

Zanesville, Ohio 43701

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

Dried Egg – Nutritional Information

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Dried Egg Yolks

Nutritional information per 100g *

Calories	669 kcal
Calories from Fat	532 kcal
Carbohydrate	0.66 g
Sugars, total	0.23 g
Sugar, added	0 g
Protein (N x 6.25)	33.63 g
Ash	3.51 g
Moisture	3.08 g

Total Fat	59.13 g
Saturated Fat	20.33 g
Monounsaturated Fat	23.38 g
Polyunsaturated Fat	10.32 g
Trans Fatty Acids	0.346 g
Cholesterol	2307 mg

MINERALS

Calcium	289 mg
Copper	0.00 mg
Iron	9.56 mg
Magnesium	26 mg
Manganese	0.185 mg
Phosphorus	1040 mg
Potassium	264 mg
Sodium	149 mg
Zinc	7.73 mg

AMINO ACIDS

Alanine	1.751 g
Arginine	2.336 g
Aspartic acid	3.310 g
Cystine	0.588 g
Glutamic acid	4.263 g
Glycine	1.043 g
Histidine	0.861 g
Isoleucine	1.701 g
Leucine	2.908 g
Lysine	2.469 g
Methionine	0.858 g
Phenylalanine	1.472 g
Proline	1.326 g
Serine	2.814 g
Threonine	1.545 g
Tryptophan	0.390 g
Tyrosine	1.422 g
Valine	1.934 g

VITAMINS

Vitamin A	1590 IU
Vitamin B1 – Thiamin	0.387 mg
Vitamin B2 – Riboflavin	1.257 mg
Vitamin B3 – Niacin	0.083 mg
Vitamin B6 – Pyridoxine	0.742 mg
Vitamin B12	5.11 mcg
Folate, total	209 mcg
Pantothenic acid	9.063 mg
Vitamin C	0 mg
Vitamin D	10.4 mcg
Vitamin E	4.81 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

Product code #1010

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Free-Flowing Dried Egg Yolks Nutritional information per 100g *

Calories	656 kcal
Calories from Fat	521 kcal
Carbohydrate	0.6 g
Sugars, total	0.23 g
Sugar, added	0 g
Protein (N x 6.25)	33 g
Ash	5.4 g
Moisture	3.02 g

Total Fat	57.9 g
Saturated Fat	19.92 g
Monounsaturated Fat	22.91 g
Polyunsaturated Fat	10.11 g
Trans Fatty Acids	0.34 g
Cholesterol	2261 mg

MINERALS

Calcium	284 mg
Copper	0 mg
Iron	10.67 mg
Magnesium	26 mg
Manganese	0.181 mg
Phosphorus	1019 mg
Potassium	260 mg
Sodium	236 mg
Zinc	7.60 mg

VITAMINS

Vitamin A	1558 IU
Vitamin B1 – Thiamin	0.38 mg
Vitamin B2 – Riboflavin	1.23 mg
Vitamin B3 – Niacin	0.081 mg
Vitamin B6 – Pyridoxine	0.73 mg
Vitamin B12	5.01 mcg
Folate, total	205 mcg
Pantothenic acid	8.88 mg
Vitamin C	0 mg
Vitamin D	10.19 mcg
Vitamin E	4.71 mg

AMINO ACIDS

Alanine	1.716 g
Arginine	2.289 g
Aspartic acid	3.244 g
Cystine	0.576 g
Glutamic acid	4.178 g
Glycine	1.022 g
Histidine	0.844 g
Isoleucine	1.667 g
Leucine	2.850 g
Lysine	2.420 g
Methionine	0.841 g
Phenylalanine	1.443 g
Proline	1.299 g
Serine	2.758 g
Threonine	1.514 g
Tryptophan	0.382 g
Tyrosine	1.394 g
Valine	1.895 g

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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Dried Whole Eggs

Nutritional information per 100g *

Calories	592 kcal
Calories from Fat	395 kcal
Carbohydrate	1.13 g
Sugars, total	0.56 g
Sugar, added	0 g
Protein (N x 6.25)	48.05 g
Ash	4.13 g
Moisture	2.78 g

Total Fat	43.90 g
Saturated Fat	15.07 g
Monounsaturated Fat	16.73 g
Polyunsaturated Fat	8.31 g
Trans Fatty Acids	0.27 g
Cholesterol	1630 mg

MINERALS

Calcium	244 mg
Copper	0.203 mg
Iron	7.20 mg
Magnesium	34 mg
Manganese	0.058 mg
Phosphorus	629 mg
Potassium	540 mg
Sodium	476 mg
Zinc	3.15 mg

AMINO ACIDS

Alanine	2.706 g
Arginine	3.071 g
Aspartic acid	5.020 g
Cystine	1.070 g
Glutamic acid	6.388 g
Glycine	1.623 g
Histidine	1.202 g
Isoleucine	2.434 g
Leucine	4.150 g
Lysine	3.339 g
Methionine	1.495 g
Phenylalanine	2.530 g
Proline	1.832 g
Serine	3.773 g
Threonine	2.129 g
Tryptophan	0.775 g
Tyrosine	1.981 g
Valine	2.991 g

VITAMINS

Vitamin A	999 IU
Vitamin B1 – Thiamin	0.183 mg
Vitamin B2 – Riboflavin	1.977 mg
Vitamin B3 – Niacin	0.34 mg
Vitamin B6 – Pyridoxine	0.499 mg
Vitamin B12	2.96 mcg
Folate, total	119 mcg
Pantothenic acid	5.550 mg
Vitamin C	0 mg
Vitamin D	8.3 mcg
Vitamin E	3.88 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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Free-Flowing Dried Whole Eggs **Nutritional information per 100g ***

Calories	580 kcal
Calories from Fat	387 kcal
Carbohydrate	1.1 g
Sugars, total	0.5 g
Sugar, added	0 g
Protein (N x 6.25)	47 g
Ash	6.0 g
Moisture	2.72 g

Total Fat	43.0 g
Saturated Fat	14.77 g
Monounsaturated Fat	16.39 g
Polyunsaturated Fat	8.15 g
Trans Fatty Acids	0.26 g
Cholesterol	1597 mg

MINERALS

Calcium	240 mg
Copper	0.199 mg
Iron	8.36 mg
Magnesium	34 mg
Manganese	0.057 mg
Phosphorus	616 mg
Potassium	530 mg
Sodium	556 mg
Zinc	3.11 mg

AMINO ACIDS

Alanine	2.652 g
Arginine	3.010 g
Aspartic acid	4.920 g
Cystine	1.049 g
Glutamic acid	6.260 g
Glycine	1.591 g
Histidine	1.178 g
Isoleucine	2.385 g
Leucine	4.067 g
Lysine	3.272 g
Methionine	1.465 g
Phenylalanine	2.479 g
Proline	1.795 g
Serine	3.698 g
Threonine	2.086 g
Tryptophan	0.760 g
Tyrosine	1.941 g
Valine	2.931 g

VITAMINS

Vitamin A	979 IU
Vitamin B1 – Thiamin	0.180 mg
Vitamin B2 – Riboflavin	1.94 mg
Vitamin B3 – Niacin	0.333 mg
Vitamin B6 – Pyridoxine	0.49 mg
Vitamin B12	2.90 mcg
Folate, total	117 mcg
Pantothenic acid	5.439 mg
Vitamin C	0 mg
Vitamin D	8.13 mcg
Vitamin E	3.80 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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Dried Egg Whites: Type H-40 **Nutritional information per 100g ***

Calories	376 kcal
Calories from Fat	0 kcal
Carbohydrate	4.47 g
Sugars, total	0 g
Sugar, added	0 g
Protein (N x 6.25)	82.40 g
Ash	4.55 g
Moisture	8.54 g

Total Fat	0.04 g
Saturated Fat	0 g
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

MINERALS

Calcium	89 mg
Copper	0.17 mg
Iron	0.24 mg
Magnesium	72 mg
Manganese	0.05 mg
Phosphorus	89 mg
Potassium	1116 mg
Sodium	1238 mg
Zinc	0.16 mg

AMINO ACIDS

Alanine	5.313 g
Arginine	4.812 g
Aspartic acid	7.291 g
Cystine	2.044 g
Glutamic acid	11.496 g
Glycine	3.085 g
Histidine	1.872 g
Isoleucine	5.023 g
Leucine	7.172 g
Lysine	5.076 g
Methionine	3.204 g
Phenylalanine	5.181 g
Proline	3.098 g
Serine	6.078 g
Threonine	3.665 g
Tryptophan	1.266 g
Tyrosine	3.309 g
Valine	6.170 g

VITAMINS

Vitamin A	0 IU
Vitamin B1 – Thiamin	0.037 mg
Vitamin B2 – Riboflavin	2.316 mg
Vitamin B3 – Niacin	0.723 mg
Vitamin B6 – Pyridoxine	0.024 mg
Vitamin B12	0.53 mcg
Folate, total	96 mcg
Pantothenic acid	1.958 mg
Vitamin C	0 mg
Vitamin D	0 mcg
Vitamin E	0 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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Dried Egg Whites: Type Angel Nutritional information per 100g *

Calories	376 kcal
Calories from Fat	0 kcal
Carbohydrate	4.47 g
Sugars, total	0 g
Sugar, added	0 g
Protein (N x 6.25)	82.40 g
Ash	4.55 g
Moisture	8.54 g

Total Fat	0.04 g
Saturated Fat	0 g
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

MINERALS

Calcium	89 mg
Copper	0.17 mg
Iron	0.24 mg
Magnesium	72 mg
Manganese	0.05 mg
Phosphorus	89 mg
Potassium	1116 mg
Sodium	1238 mg
Zinc	0.16 mg

AMINO ACIDS

Alanine	5.313 g
Arginine	4.812 g
Aspartic acid	7.291 g
Cystine	2.044 g
Glutamic acid	11.496 g
Glycine	3.085 g
Histidine	1.872 g
Isoleucine	5.023 g
Leucine	7.172 g
Lysine	5.076 g
Methionine	3.204 g
Phenylalanine	5.181 g
Proline	3.098 g
Serine	6.078 g
Threonine	3.665 g
Tryptophan	1.266 g
Tyrosine	3.309 g
Valine	6.170 g

VITAMINS

Vitamin A	0 IU
Vitamin B1 – Thiamin	0.037 mg
Vitamin B2 – Riboflavin	2.316 mg
Vitamin B3 – Niacin	0.723 mg
Vitamin B6 – Pyridoxine	0.024 mg
Vitamin B12	0.53 mcg
Folate, total	96 mcg
Pantothenic acid	1.958 mg
Vitamin C	0 mg
Vitamin D	0 mcg
Vitamin E	0 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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Dried Egg Whites: Type C-30 Nutritional information per 100g *

Calories	376 kcal
Calories from Fat	0 kcal
Carbohydrate	4.47 g
Sugars, total	0 g
Sugar, added	0 g
Protein (N x 6.25)	82.40 g
Ash	4.55 g
Moisture	8.54 g

Total Fat	0.04 g
Saturated Fat	0 g
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

MINERALS

Calcium	89 mg
Copper	0.17 mg
Iron	0.24 mg
Magnesium	72 mg
Manganese	0.05 mg
Phosphorus	89 mg
Potassium	1116 mg
Sodium	1238 mg
Zinc	0.16 mg

AMINO ACIDS

Alanine	5.313 g
Arginine	4.812 g
Aspartic acid	7.291 g
Cystine	2.044 g
Glutamic acid	11.496 g
Glycine	3.085 g
Histidine	1.872 g
Isoleucine	5.023 g
Leucine	7.172 g
Lysine	5.076 g
Methionine	3.204 g
Phenylalanine	5.181 g
Proline	3.098 g
Serine	6.078 g
Threonine	3.665 g
Tryptophan	1.266 g
Tyrosine	3.309 g
Valine	6.170 g

VITAMINS

Vitamin A	0 IU
Vitamin B1 – Thiamin	0.037 mg
Vitamin B2 – Riboflavin	2.316 mg
Vitamin B3 – Niacin	0.723 mg
Vitamin B6 – Pyridoxine	0.024 mg
Vitamin B12	0.53 mcg
Folate, total	96 mcg
Pantothenic acid	1.958 mg
Vitamin C	0 mg
Vitamin D	0 mcg
Vitamin E	0 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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Fortex 26

Nutritional information per 100g *

Calories	510 kcal
Calories from Fat	254 kcal
Carbohydrate	33.1 g
Sugars, total	5.5 g
Sugar, added	5.1 g
Protein (N x 6.25)	30.8 g
Ash	4.3 g
Moisture	3.2 g

Total Fat	28.18 g
Saturated Fat	9.67 g
Monounsaturated Fat	10.74 g
Polyunsaturated Fat	5.34 g
Trans Fatty Acids	0.17 g
Cholesterol	1046 mg

MINERALS

Calcium	162 mg
Copper	0.131 mg
Iron	4.63 mg
Magnesium	24 mg
Manganese	0.039 mg
Phosphorus	408 mg
Potassium	349 mg
Sodium	911 mg
Zinc	2.02 mg

AMINO ACIDS

Alanine	1.737 g
Arginine	1.972 g
Aspartic acid	3.223 g
Cystine	0.687 g
Glutamic acid	4.101 g
Glycine	1.042 g
Histidine	0.772 g
Isoleucine	1.563 g
Leucine	2.664 g
Lysine	2.144 g
Methionine	0.960 g
Phenylalanine	1.624 g
Proline	1.176 g
Serine	2.422 g
Threonine	1.367 g
Tryptophan	0.498 g
Tyrosine	1.272 g
Valine	1.920 g

VITAMINS

Vitamin A	641 IU
Vitamin B1 – Thiamin	0.12 mg
Vitamin B2 – Riboflavin	1.27 mg
Vitamin B3 – Niacin	0.22 mg
Vitamin B6 – Pyridoxine	0.32 mg
Vitamin B12	1.90 mcg
Folate, total	76 mcg
Pantothenic acid	3.56 mg
Vitamin C	0 mg
Vitamin D	5.33 mcg
Vitamin E	2.49 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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Fortex 231

Nutritional information per 100g *

Calories	537 kcal
Calories from Fat	302 kcal
Carbohydrate	30.2 g
Sugars, total	5.1 g
Sugar, added	4.7 g
Protein (N x 6.25)	28.4 g
Ash	4.3 g
Moisture	3.2 g

Total Fat	33.60 g
Saturated Fat	11.54 g
Monounsaturated Fat	13.03 g
Polyunsaturated Fat	6.13 g
Trans Fatty Acids	0.20 g
Cholesterol	1277 mg

MINERALS

Calcium	181 mg
Copper	0.082 mg
Iron	5.48 mg
Magnesium	23 mg
Manganese	0.075 mg
Phosphorus	537 mg
Potassium	290 mg
Sodium	835 mg
Zinc	3.35 mg

AMINO ACIDS

Alanine	1.564 g
Arginine	1.895 g
Aspartic acid	2.924 g
Cystine	0.596 g
Glutamic acid	3.742 g
Glycine	0.939 g
Histidine	0.723 g
Isoleucine	1.447 g
Leucine	2.482 g
Lysine	2.077 g
Methionine	0.831 g
Phenylalanine	1.413 g
Proline	1.123 g
Serine	2.308 g
Threonine	1.347 g
Tryptophan	0.420 g
Tyrosine	1.208 g
Valine	1.718 g

VITAMINS

Vitamin A	830 IU
Vitamin B1 – Thiamin	0.18 mg
Vitamin B2 – Riboflavin	1.13 mg
Vitamin B3 – Niacin	0.16 mg
Vitamin B6 – Pyridoxine	0.401 mg
Vitamin B12	2.57 mcg
Folate, total	104 mcg
Pantothenic acid	4.67 mg
Vitamin C	0 mg
Vitamin D	6.14 mcg
Vitamin E	2.86 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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Fortex 500

Nutritional information per 100g *

Calories	601 kcal
Calories from Fat	413 kcal
Carbohydrate	20.9 g
Sugars, total	3.4 g
Sugar, added	3.2 g
Protein (N x 6.25)	26.1 g
Ash	3.7 g
Moisture	3.3 g

Total Fat	45.88 g
Saturated Fat	15.78 g
Monounsaturated Fat	18.14 g
Polyunsaturated Fat	8.01 g
Trans Fatty Acids	0.27 g
Cholesterol	1790 mg

MINERALS

Calcium	228 mg
Copper	0 mg
Iron	7.42 mg
Magnesium	21 mg
Manganese	0.144 mg
Phosphorus	810 mg
Potassium	206 mg
Sodium	480 mg
Zinc	6.00 mg

AMINO ACIDS

Alanine	1.365 g
Arginine	1.897 g
Aspartic acid	2.598 g
Cystine	0.476 g
Glutamic acid	3.368 g
Glycine	0.821 g
Histidine	0.689 g
Isoleucine	1.344 g
Leucine	2.335 g
Lysine	2.109 g
Methionine	0.659 g
Phenylalanine	1.135 g
Proline	1.110 g
Serine	2.271 g
Threonine	1.412 g
Tryptophan	0.310 g
Tyrosine	1.182 g
Valine	1.480 g

VITAMINS

Vitamin A	1234 IU
Vitamin B1 – Thiamin	0.30 mg
Vitamin B2 – Riboflavin	0.98 mg
Vitamin B3 – Niacin	0.06 mg
Vitamin B6 – Pyridoxine	0.576 mg
Vitamin B12	3.97 mcg
Folate, total	162 mcg
Pantothenic acid	7.03 mg
Vitamin C	0 mg
Vitamin D	8.07 mcg
Vitamin E	3.73 mg

* Data from USDA National Nutrient Database for Standard Reference, Release 28

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