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# **Egg and Egg Products Labelling Requirements**

*(Current as at 1 September 2002)*

Guide to the  
Food Standards Australia New Zealand  
Food Standards Code  
as it relates to  
Eggs and Egg Products

*By*

*Egg Producers Federation of New Zealand (Inc.)*

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## **Disclaimer:**

This is a summary of the Food Standards Code as it relates to the labelling of eggs and egg products. It has been prepared by the Egg Producers Federation of New Zealand (Inc.) (EPFNZ) solely for general information purposes. It contains interpretations of the Food Standards Code and is intended as a Guide only. It does not purport to contain all of the information that an egg producer or packer may require to label eggs or egg products. In particular, it does not cover other legal requirements relevant to egg producers, such as the Fair Trading Act 1986, the Food Act 1981, the Animal Products Act 1999, the Animal Welfare Act 1999 and other associated codes and regulations.

The information contained in this document should not be relied on as legal advice or as a substitute for legal advice. You should exercise your own skill, care and judgement before relying on this information.

The information in this document may become obsolete at any time that the Food Standards Code is amended or renewed. EPFNZ recommends that if you are in doubt on specific elements of the standards you contact Food Standards Australia New Zealand (FSANZ) or seek independent legal advice.

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## **Introduction**

The EPFNZ has developed this Guide for its members to help them to interpret and comply with the Food Standards Code, as it relates to eggs and egg products. It aims to provide user-friendly Guidelines to EPFNZ members, to ensure nationwide consistency.

The Guide sets out the standards relevant to the labelling of eggs and egg products, but summarised to reflect the extent that they apply to eggs and egg products. Each standard is followed by a box, which provides EPFNZ's interpretation of the contents of that particular standard.

These Guidelines are produced as a generic guide for the labelling of eggs and egg products. If your company produces a specialty egg-related product that isn't covered in this Guide, please contact the EPFNZ office, which will endeavour to find the appropriate information in relation to your product.

EPFNZ has tried to ensure that this Guide is as accurate as possible. However, as with any legislation, these standards may change. If the standards do change significantly, EPFNZ will circulate an amendment to this Guide to its members.

If you are unsure about any of the details of this Guide, please ensure that appropriate clarification is sought from FSANZ or EPFNZ prior to proceeding with printing or the redesign of any packaging.

## **Food Standards Code**

The Food Standards Code became law on 20 December 2000. Since then there has been a phase-in period, during which it has been possible to comply with either the Food Standards Code or the Food Regulations 1984. However, it is expected that the Food Regulations 1984 will be repealed on 20 December 2002. EPFNZ will inform you of the confirmed date in due course. From that confirmed date, it will be compulsory for egg producers to comply with the Food Standards Code.

The Food Standards Code contains revised labelling requirements for all foods. While those general labelling requirements apply to eggs and egg products, there are no specific standards that are applicable only to the labelling of eggs and egg products.

In addition to the Food Standards Code, egg producers must also adhere to other legislation such as the Food Act 1981, Animal Products Act 1999 (if the egg producer has adopted a risk management programme), Animal Welfare Act 1999 and Fair Trading Act 1986.

## **Summary of Food Standards Code's Labelling Requirements**

Unless specifically exempted, the label on a package of eggs or egg products for retail sale or for catering purposes must include the following information:

- Prescribed name or a name or description of the food sufficient to indicate the true nature of the food;
- Lot identification;
- Name and business address in Australia or New Zealand of the supplier;
- Mandatory warning and advisory statements and declarations;
- Date Marking;
- Directions for use or storage;
- Nutrition information panel; and
- Other specific labelling requirements.

The labels on packages of eggs and egg products will also need to comply with the legibility requirements in the Food Standards Code.

In addition to the above requirements, certain egg products need to comply with the Food Standards Code's requirements relating to ingredient listing and percentage where they contain more than one ingredient. If your egg products do not just contain eggs (in whatever form), then you should seek additional advice from FSANZ or EPNZ.

## **Analysis of Food Standards Code's Labelling Requirements**

The Guide now analyses each of the labelling requirements in the Food Standards Code relevant to eggs and egg products.

### **Standard 1.2 – Labelling and Other Information Requirements**

This standard sets out when a label is required for food for sale and information that must be provided in conjunction with the sale of certain foods where, labelling is not required.

#### **When is a label required?**

Unless certain exemptions are applicable (see over page), all food for retail sale or for catering purposes must bear a label setting out all the information prescribed in the Food Standards Code.

*Retail sale* means 'sale to the public'.

Foods for *catering purposes* means those foods for use in restaurants, canteens, schools, caterers or self-catering institutions, where food is offered for immediate consumption.

The exemptions relevant to eggs are egg products are where –

- (a) The food is not in a package;
- (b) The food is made and packaged on the premises from which it is sold;
- (c) The food is packaged in the presence of the purchaser; or
- (d) The food is sold at a fund raising event.

**Please note:** Even when exempt from bearing a label, the Food Standards Code requires that certain information about a food be available to the consumer, either verbally or in writing, at the point of sale. For more specific information about the requirements for foods exempt from bearing a label, see FSANZ's Overview of Food Labelling, User Guide to Food Labelling and other Information Requirements; [www.anzfa.govt.nz](http://www.anzfa.govt.nz)

#### ***Interpretation of Standard 1.2 – Labelling and Other Information Requirements***

*In most circumstances eggs and egg products for retail sale or for catering purposes are required to bear a label setting out all the relevant information prescribed in the Food Standards Code (as set out below in this Guide).*

*Situations where egg producers would not have to comply with the labelling requirements of the Food Standards Code include:*

- 1. Eggs sold individually without any form of packaging (such as a tray or carton);*
- 2. Eggs sold directly from the farm;*
- 3. Eggs sold when the customer selects the eggs from a tray and the shopkeeper places them in a paper bag, ie at the local fruit and vegetable shop; and*
- 4. Eggs sold at a church or school fundraising event.*

#### **Standard 1.2.2 – Food Identification Requirements**

This Standard requires that certain information must be included on the label on a food in order to be able to identify the food in question. The labels on a package of food, other than in the circumstances listed above, must include the following:

**Name of Food** – The label on the package of food must include a name or description of the food. If there is a prescribed name for the food in the Food Standards Code, then this must be included on the label. If there is no prescribed name for a food, the label must include a name or description of the food sufficient to indicate the true nature of the food.

**Lot identification** – The label on a package of food must include its lot identification. A lot mark should identify the batch from which the food was manufactured. It should be able to identify the premises where the product was packed and/or prepared.

**Name and Address of Supplier** – The name and business address in New Zealand of the supplier of the food are required on the label of a package of food. *Supplier* includes the packer, manufacturer, vendor or importer of the food. A business address means the location of the premises from which a business is being operated,

and includes the street number, the street name and the city/town. A post office box address is not sufficient.

The food identification requirements set out in Standard 1.2.2 are also required (in addition to retail sales and for catering purposes) on the label where the food is: (1) not for retail sale; (2) not for catering purposes; or (3) supplied as part of an intra company transfer (a transaction between elements within a company or group of related companies), unless the:

- (a) food is not in a package;
- (b) food is in an inner package or packages contained in an outer package where the label on the outer package includes the food identification requirements; or
- (c) food is in a transportation outer (a package which encases packaged or unpackaged foods for the purpose of transportation) where the information that would be required on the transportation outer is clearly discernible on the labels on or attached to the packages contained within the transportation outer.

#### ***Interpretation of Standard 1.2.2 Food Identification Requirements***

***Name of Food:*** Since "eggs" is a prescribed name under the Food Standards Code it must be used to describe whole eggs. If an egg product requires labelling, the name and description of the food chosen for the label should be specific enough to differentiate it from other foods, such as "dried eggs" and "frozen egg yolks".

***Lot Identification:*** A form of identification is required which enables you to trace and recall the entire lot from sale where there is found to be a risk to human or animal health. A farm based, shed based, date based system (or combination of these) can help satisfy the requirements for a lot mark. It is entirely up to your company to determine what is an appropriate lot mark.

***Name and Address of Supplier:*** The full legal name of the supplier and the physical address where the business of the supplier is being operated will fulfil the name and address of supplier requirements.

The food identification requirements are required for all food for retail sale and catering purposes, but also where the food is not for retail sale, not for catering purposes or is being transferred within a company or group of companies, unless the food is not in a package, is in an inner package where the outer package contains the food identification requirements or in a package being transported where the outer packaging contains the food identification requirements.

#### **Standard 1.2.3 – Mandatory Warning and Advisory Statements and Declarations**

This Standard sets out mandatory advisory statements and declarations that must be made in relation to certain foods or foods containing certain substances.

Where unpasteurised egg products are not required to bear a label pursuant to clause 2 of Standard 1.2.1, the advisory statement to the effect that the product is unpasteurised must be –

- (a) displayed on or in connection with the display of the food; or
- (b) provided to the purchaser upon request

***Interpretation of Standard 1.2.3 Mandatory Warning and Advisory Statements and Declarations***

*If egg products are being sold in unpasteurised form and are not sold by way of retail sale or for catering purposes, an advisory statement stating that the product is "unpasteurised" must be displayed on or in connection with the display of the egg products or provided to the purchaser upon request either verbally or in writing.*

**Standard 1.2.5 – Date Marking of Packaged Food**

This Standard prescribes a date marking system for packaged food and the form in which those foods must be date marked. It applies to all packaged food that has a shelf life of less than two years and is for retail sale or to be used for catering purposes. Date marking is also required for food sold that is not for retail sale where the purchaser requests the information.

Standard 1.2.5 sets out the circumstances in which a "use-by" date must be used instead of a "best-before" date, and prohibits the sale of packaged food after the expiration of the use-by date. Date marking is intended to guide consumers on the shelf life of a food, which means either how long a food:

- should keep before it begins to deteriorate ("best-before"); or
- can be expected to remain safe ("use-by").

The terms "best-before" and "use-by" are no longer interchangeable under the Food Standards Code.

In general terms, "best-before" dates apply to:

- shelf-stable foods (which do not contain, or support the growth of, food poisoning bacteria);
- frozen foods;
- most raw food which is subject to a later cooking process to kill food poisoning bacteria that may be present and
- products whose quality may decline after the stated best before date.

***Interpretation:***

*EPFNZ considers that it is appropriate to date mark egg packaging with a 'best before' date.*

For further information, refer to FSANZ's Date Marking User Guide to Standard 1.2.5. [www.anzfa.govt.nz](http://www.anzfa.govt.nz)

### **Prescribed form of date mark**

The date mark must use the words – ‘Best Before’

The ‘best before’ date must consist at least of – the day and the month for products with a best before date of not more than 3 months. *(see the interpretation panel for requirements specific to the date marking of eggs and egg products)*

The best before date must be expressed in uncoded numerical and chronological form, other than the month, which may be expressed in letters.

i.e. 3 Dec or 3 12

3 12 99 or 3 Dec 99

### **Exclusive date marking system to be used**

The label on a package of food must not include a date marking system other than that prescribed by this Standard. However, this does not preclude the addition of a manufacturer’s or packer’s code on the label on a package of food.

#### ***Interpretation of Standard 1.2.5 - Date Marking of Packaged Food***

*All egg cartons and trays must be date marked.*

*The words ‘Best Before’ must be used. No alternatives are permitted.*

*The “Best Before” date must consist of a day and a month, either in numerical, chronological order (9 12) or numerical, alphabetical (9 Dec).*

*As a guide of the Best Before date to use on your labelling, the 2002 EPFNZ Code of Practice (EPFNZ COP) recommends eggs have a maximum Best Before date of 35 days from date of lay when held at or below 15°C.*

*No other date marking is able to be used on the packaging.*

*Please note: The Best Before date and the directions for use and storage are complementary in relation to food safety so they need to be considered together.*

### **Standard 1.2.6 – Directions for Use and Storage**

This Standard requires directions for use and/or directions for storage of food, to be included on the label, where, for reasons of health and safety, the consumer should be informed of specific use or storage requirements.

#### **Food must be labelled with directions for use or storage**

The label on a package of food must include appropriate directions for the use or storage of the food, where the food is of a nature as to warrant such directions for reasons of health or safety.

### ***Interpretation of Standard 1.2.6 Directions for Use and Storage***

*A directions for use and storage statement such as: "Store out of direct sunlight at or below 15°C" should be stated on egg packaging based on the EPFNZ COP which recommends that eggs should be stored out of direct sunlight, in a temperature-controlled environment, at or below 15°C and once subject to temperature control this should be maintained with minimal fluctuations.*

*If there are appropriate storage conditions for a particular egg product, then these must be stated.*

### **Standard 1.2.8 – Nutritional Information Requirements**

This standard sets out nutrition information requirements in relation to food that is required to be labelled under the Food Standards Code and for food exempt from these labelling requirements.

#### **Nutrition information requirements and exemptions**

The label on a package of food must include a nutrition information panel except in certain circumstances, such as where a food is sold at fundraising events.

#### **Requirements for nutrition information panels where nutrition claims are made in relation to food.**

Where a nutrition claim is made in relation to a food, a nutrition information panel must be included on the label on the package of the food, such as omega enriched eggs. The omega-3, omega-6 or omega-9 fatty acid content of a food that is the subject of such a claim should be set out in the nutrition information panel as a subgroup of polyunsaturated or monounsaturated fatty acids.

#### **Prescribed declarations in a nutrition information panel**

A nutrition information panel must include the following particulars in the prescribed format: energy, protein, fat, saturated fat, carbohydrate, sugars and sodium content. It must include the number of servings of the food in the package as well as the average quantity of the food in a serving and the unit quantity of the food.

See also FSANZ's user Guide on nutrition information requirements.  
[www.anzfa.govt.nz](http://www.anzfa.govt.nz)

### ***Interpretation of Standard 1.2.8 Nutritional Information Requirements***

*Egg cartons and trays must include a nutrition information panel based on the number of eggs in that carton or tray.*

*The EPFNZ has produced nutrition information panels in the prescribed format with standardised and detailed tables that will need to be on each package for the relevant grades.*

*If a nutrition claim is made on the packaging of your eggs that they are "omega enriched", then the omega-3, omega-6 or omega-9 fatty acid content of the eggs should be set out in the nutrition information panel as a subgroup of polyunsaturated or monounsaturated fatty acids.*

*Additional advice provided to EPFNZ from FSANZ relating to nutrition information panels is set out in Appendix 1.*

*The currently commonly accepted standards and grades for eggs and the nutrition panels provided for various servings per package are set out in the table in Appendix 2.*

### **Standard 1.2.9 – Legibility Requirements**

Unless otherwise expressly permitted by this Code, each word, statement, expression or design prescribed to be contained, written or set out in a label must be written or set out legibly and prominently such as to afford a distinct contrast to the background and in the English language.

Where a language other than English is used in addition to the English language on a label on a package of food or in association with a display of food, the information in that language must not negate or contradict the information on the label in the English language.

Unless otherwise prescribed in this Code, each word, statement, expression or design prescribed to be contained, written or set out in a warning statement on a label must wherever occurring, be so contained, written or set out

- (a) in a size of type of not less than 3 mm; or
- (b) in the case of a small package in a size type of not less than 1.5mm.

#### ***Interpretation of Standard 1.2.9 – Legibility Requirements***

*You can choose any type style or type size provided that the information displayed on the packaging is in English and is legible and prominent so as to afford a distinct contrast to the background (ie contrasting colours black on white). The one exception is warning statements, which must be in a type size of not less than 3mm in height.*

### **Standard 1.1.A.2 – Health Claims**

Unless specifically permitted in Standard 1.1.A.2, health claims in food labels and advertisements are prohibited in New Zealand. One such specific permission in that Standard relates to health claims in relation to folate and neural tube defects which can be used until 13 February 2004. The eligibility criteria set out in Standard 1.1.A.2 for eggs is at least 40 micrograms of folate per serving as specified in the nutrition information panel.

A permitted claim is one which states –

- (a) that increased maternal folate consumption in at least the month before and 3 months following conception may reduce the risk of fetal neural tube defects; and
- (b) the recommendation that women consume a minimum of 400 micrograms folate per day in at least the month before and at the first 3 months following conception.

#### ***Interpretation of Standard 1.1.A.2 – Health Claims***

*You cannot make any health claim in relation to eggs, except in relation to folate where the eggs contain at least 40 micrograms of folate per serving. Any claim in relation to folate must comply with the requirements for a permitted claim set out above.*

#### **Other Specific Labelling Claims**

In accordance with food law and fair trading law, you must not represent foods in a false, misleading or deceptive manner. If you wish to make a specific claims about your eggs or egg products, such as “free range”, “barn eggs” or “farm fresh”, you must make sure that those claims are accurate and not misleading. If you require specific advice on labelling claims on your products, you should contact your solicitor.

#### **Standard 2.2.2 – Eggs and Egg Products**

This Standard provides definitions of eggs and egg products. It includes the processing requirements for egg products and requirements together with the prohibition on the sale of cracked eggs for retail sale or for catering purposes. Unlike meat, fish and other products, there are no additional labelling requirements that apply only to eggs and egg products.

#### ***Interpretation of Standard 2.2.2 – Eggs and Egg Products***

*Cracked eggs must not be made available for retail or for catering purposes. Cracked eggs sold for non-retail must be pasteurised or have undergone an equivalent treatment so that the egg product meets the microbiological criteria in Standard 1.6.1. [www.anzfa.govt.nz](http://www.anzfa.govt.nz)*

## Appendix 1

### **Nutrition Information Panels on Raw Eggs**

There is no exemption for the labelling of eggs in Standard 1.2.8 of the *Australia New Zealand Food Standards Code* (the Code). Egg cartons and trays must carry the declarations prescribed under clause 5 of Standard 1.2.8, in the format of the nutrition information panel (NIP) also prescribed under that clause.

Raw eggs are purchased in the shell. The shell is discarded, so the gram weight of raw egg available for consumption is less than the gram weight of egg purchased.

Standard 1.2.8 does not explicitly state whether the values in the NIP refer to 100g of edible portion or 100g as purchased. However, the legislation implementing the Code defines 'food' principally by reference to its use for human consumption, and accordingly the NIP data should relate only to that proportion of an egg that is for human consumption.

#### **1. Labelling with servings per package and serving size**

Pursuant to Standard 1.2.8, the preferred approach for egg producers with respect to identifying serve sizes in NIPs, is—

'Servings per package: 12' (for a 1 dozen carton of eggs) and

'Serving size: Xg' (X corresponds to the average weight of the edible portion of a serve of egg. E.g. for a 60g egg where 13% raw egg weight is shell, 52g of the whole raw egg is edible, so the serve size for 1 egg would be 52g).

Footnotes may be used to indicate that the NIP refers to the edible portion of egg.

#### **2. Labelling with nutrients per unit quantity (quantity of egg per 100g)**

The values in the NIP in the unit quantity column will correspond with the nutritional analysis of 100g of whole raw egg. Such values are available in standard 100g tables of food composition, in which all values are presented as per 100g of edible portion.

#### **3. Labelling with nutrients per serve**

Data in the *Composition of Foods Australia series* indicates that the edible portion of whole raw egg is 87%, i.e. 13% of raw egg weight is shell. Using this value, the quantity per serve of egg in the NIP may be calculated by deduction.

E.g. For a carton of eggs packaged in standard industry sizes of 12 X 60g eggs, the average quantity per serving where one serve is defined as 1 egg would be

60g minus 13% of 60g = 52g of whole raw egg

For the above example, all values in the 'Quantity per serving' column would be 52% of the values for the corresponding nutrient in the unit quantity (per 100g) column.

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## Appendix 2

### Standards and Grades for Eggs

The currently commonly accepted standards and grades as used in Egg Producers Federation of New Zealand Code of Practice 2002 are set out in the table below. The eggs must equal or exceed the minimum weight for each grade in the table.

Based on these minimum weights the weight of the raw egg content is also calculated, using the standard 13% of the total egg weight proportioned to the weight of the shell (based on data in the Composition of Foods Australia series). The EPFNZ have accepted this standard percentage as a guide for the development of the nutrition panel calculator set out below.

<b>Grade</b>	<b>Minimum Weight/Egg</b>	<b>Minimum weight/doz</b>	<b>Contents/egg (2 decimal place)</b>	<b>Contents/doz (2 decimal place)</b>
Jumbo	68g/egg	816g/doz	59g/egg	710g/doz
Large (7)	62g/egg	744g/doz	54g/egg	647g/doz
Standard (6)	53g/egg	636g/doz	46g/egg	553g/doz
Mixed Grade		582g/doz		506g/doz
Medium (5)	44g/egg	528g/doz	38g/egg	460g/doz
Pullet (4)	35g/egg	420g/doz	30g/egg	365g/doz

### Nutritional Panels Provided for Various Servings Per Package

Pullet (4)	6	12	15	30	
Medium (5)	6	12	15	30	
Mixed Grade	6	12			
Standard (6)	6	12	15	20	30
Large (7)	6	12	15	20	30
Jumbo	6	12	15	20	30

These sample panels have been calculated with the Nutritional Panel Calculator as available on the Food Standards Australia New Zealand website and are provided as a Guide to help you with your labelling requirements.



**Nutrition Panel  
Calculator**  
Version: 1.59m

**Pullet (4) Whole 35g/egg min, contents**  
30g/egg

Total Ingredient (raw) weight	30.00 g
Total (cooked) weight	30.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	6.00	
Serving size:	30 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	179 kJ	596 kJ
Protein	3.8 g	12.8 g
Fat, total	3.0 g	10.1 g
- saturated	0.9 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	40 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW		03A10014		Amount	0.00 g	Specific Gravity N/A	
Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		

Ingredient Name: EGG, WHOLE, RAW		03A10014		Amount	30.00 g	Specific Gravity N/A	
Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**Nutrition Panel  
Calculator**  
Version: 1.59m

**Pullet (4) Whole 35g/egg min, contents**  
30g/egg

Total Ingredient (raw) weight	30.00 g
Total (cooked) weight	30.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	12.00	
Serving size:	30 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	179 kJ	596 kJ
Protein	3.8 g	12.8 g
Fat, total	3.0 g	10.1 g
- saturated	0.9 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	40 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW		03A10014		Amount	30.00 g	Specific Gravity N/A	
Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
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**Nutrition Panel  
Calculator**

Version: 1.59m

**Pullet (4) Whole 35g/egg min, contents  
30g/egg**

Total Ingredient (raw) weight	30.00 g
Total (cooked) weight	30.00 g
Weight Change	0.00 %
Specific Gravity	N/A

<b>NUTRITION INFORMATION</b>		
Servings per package:	15.00	
Serving size:	30 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	179 kJ	596 kJ
Protein	3.8 g	12.8 g
Fat, total	3.0 g	10.1 g
- saturated	0.9 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	40 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014 Amount 30.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
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**Nutrition Panel  
Calculator**

Version: 1.59m

**Puller (4) Whole 35g/egg min, contents  
30g/egg**

Total Ingredient (raw) weight	30.00 g
Total (cooked) weight	30.00 g
Weight Change	0.00 %
Specific Gravity	N/A

<b>NUTRITION INFORMATION</b>		
Servings per package:	30.00	
Serving size:	30 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	179 kJ	596 kJ
Protein	3.8 g	12.8 g
Fat, total	3.0 g	10.1 g
- saturated	0.9 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	40 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014 Amount 30.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		

**Nutrition Panel  
Calculator**

Version: 1.59m

Medium (5) 44g/egg min, contents

38g/egg

Total Ingredient (raw) weight	38.00 g
Total (cooked) weight	38.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	6.00	
Serving size:	38 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	226 kJ	596 kJ
Protein	4.9 g	12.8 g
Fat, total	3.8 g	10.1 g
- saturated	1.2 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	50 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW		03A10014		Amount	38.00 g	Specific Gravity N/A	
Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		

**Nutrition Panel  
Calculator**

Version: 1.59m

Medium (5) 44g/egg min, contents

38g/egg

Total Ingredient (raw) weight	38.00 g
Total (cooked) weight	38.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	12.00	
Serving size:	38 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	226 kJ	596 kJ
Protein	4.9 g	12.8 g
Fat, total	3.8 g	10.1 g
- saturated	1.2 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	50 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW		03A10014		Amount	38.00 g	Specific Gravity N/A	
Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahitereiria me Aotearoa

**Nutrition Panel  
Calculator**

Version: 1.59m

Medium (5) 44g/egg min, contents

38g/egg

Total Ingredient (raw) weight	38.00 g
Total (cooked) weight	38.00 g
Weight Change	0.00 %
Specific Gravity	N/A

**NUTRITION INFORMATION**

Servings per package: 15.00  
Serving size: 38 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	226 kJ	596 kJ
Protein	4.9 g	12.8 g
Fat, total	3.8 g	10.1 g
- saturated	1.2 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	50 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW  
03A10014

Amount 38.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahitereiria me Aotearoa

**Nutrition Panel  
Calculator**

Version: 1.59m

Medium (5) 44g/egg min, contents

38g/egg

Total Ingredient (raw) weight	38.00 g
Total (cooked) weight	38.00 g
Weight Change	0.00 %
Specific Gravity	N/A

**NUTRITION INFORMATION**

Servings per package: 30.00  
Serving size: 38 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	226 kJ	596 kJ
Protein	4.9 g	12.8 g
Fat, total	3.8 g	10.1 g
- saturated	1.2 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	50 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW  
03A10014

Amount 38.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahiteroria me Aotearoa

**Nutrition Panel**

**Calculator**

Version: 1.59m

Mixed Grade, 291g/6 min, contents

253g/6 min

Total Ingredient (raw) weight	42.00 g
Total (cooked) weight	42.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	6.00	
Serving size:	42 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	250 kJ	596 kJ
Protein	5.4 g	12.8 g
Fat, total	4.2 g	10.1 g
- saturated	1.3 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	56 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014 Amount 42.00 g Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
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Te Mana Kounga Kai - Ahiteroria me Aotearoa

**Nutrition Panel**

**Calculator**

Version: 1.59m

Mixed Grade, 582g/12 min, contents

506g/12

Total Ingredient (raw) weight	42.00 g
Total (cooked) weight	42.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	12.00	
Serving size:	42 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	250 kJ	596 kJ
Protein	5.4 g	12.8 g
Fat, total	4.2 g	10.1 g
- saturated	1.3 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	56 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014 Amount 42.00 g Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**Nutrition Panel**

**Calculator**

Version: 1.59m

Mixed Grade, 582g/12 min, contents

506g/12 min

Total Ingredient (raw) weight	42.00 g
Total (cooked) weight	42.00 g
Weight Change	0.00 %
Specific Gravity	N/A

**NUTRITION INFORMATION**

Servings per package: 30.00  
Serving size: 42 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	250 kJ	596 kJ
Protein	5.4 g	12.8 g
Fat, total	4.2 g	10.1 g
- saturated	1.3 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	56 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

42.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahiteroria me Aotearoa

**Nutrition Panel  
Calculator**

Version: 1.59m

Standard (6) 53g/egg min, contents

46g/egg

Total Ingredient (raw) weight	46.00 g
Total (cooked) weight	46.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	6.00	
Serving size:	46 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	274 kJ	596 kJ
Protein	5.9 g	12.8 g
Fat, total	4.6 g	10.1 g
- saturated	1.4 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	61 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

46.00 g

Specific Gravity N/A

Energy: 596 kJ

Fat, total: 10.1 g

Carbohydrate: 0.3 g

Sodium: 133 mg

Protein: 12.8 g

Fat, saturated: 3.1 g

Sugars: 0.3 g



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahiteroria me Aotearoa

**Nutrition Panel  
Calculator**

Version: 1.59m

Standard (6) 53g/egg min, contents

46g/egg

Total Ingredient (raw) weight	46.00 g
Total (cooked) weight	46.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	12.00	
Serving size:	46 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	274 kJ	596 kJ
Protein	5.9 g	12.8 g
Fat, total	4.6 g	10.1 g
- saturated	1.4 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	61 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

46.00 g

Specific Gravity N/A

Energy: 596 kJ

Fat, total: 10.1 g

Carbohydrate: 0.3 g

Sodium: 133 mg

Protein: 12.8 g

Fat, saturated: 3.1 g

Sugars: 0.3 g



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahiteroria me Aotearoa

**Nutrition Panel**

**Calculator**

Version: 1.59m

Standard (6) 53g/egg min, contents

46g/egg

Total Ingredient (raw) weight	46.00 g
Total (cooked) weight	46.00 g
Weight Change	0.00 %
Specific Gravity	N/A

**NUTRITION INFORMATION**

Servings per package: 15.00  
Serving size: 46 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	274 kJ	596 kJ
Protein	5.9 g	12.8 g
Fat, total	4.6 g	10.1 g
- saturated	1.4 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	61 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

46.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahiteroria me Aotearoa

**Nutrition Panel**

**Calculator**

Version: 1.59m

Standard (6) 53g/egg min, contents

46g/egg

Total Ingredient (raw) weight	46.00 g
Total (cooked) weight	46.00 g
Weight Change	0.00 %
Specific Gravity	N/A

**NUTRITION INFORMATION**

Servings per package: 20.00  
Serving size: 46 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	274 kJ	596 kJ
Protein	5.9 g	12.8 g
Fat, total	4.6 g	10.1 g
- saturated	1.4 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	61 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

46.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahitereiria me Aotearoa

**Nutrition Panel**

**Calculator**

Version: 1.59m

Standard (6) 53g/egg min, contents

46g/egg

Total Ingredient (raw) weight	46.00 g
Total (cooked) weight	46.00 g
Weight Change	0.00 %
Specific Gravity	N/A

**NUTRITION INFORMATION**

Servings per package: 30.00  
Serving size: 46 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	274 kJ	596 kJ
Protein	5.9 g	12.8 g
Fat, total	4.6 g	10.1 g
- saturated	1.4 g	3.1 g
Carbohydrate	0.1 g	0.3 g
- sugars	0.1 g	0.3 g
Sodium	61 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

46.00 g

Specific Gravity N/A

Energy: 596 kJ

Fat, total: 10.1 g

Carbohydrate: 0.3 g

Sodium: 133 mg

Protein: 12.8 g

Fat, saturated: 3.1 g

Sugars: 0.3 g



**Nutrition Panel**

**Calculator**

Version: 1.59m

Large (7) 62g/egg min, contents

54g/egg

Total Ingredient (raw) weight	54.00 g
Total (cooked) weight	54.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	6.00	
Serving size:	54 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	322 kJ	596 kJ
Protein	6.9 g	12.8 g
Fat, total	5.4 g	10.1 g
- saturated	1.7 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	72 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

54.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**Nutrition Panel**

**Calculator**

Version: 1.59m

Large (7) 62g/egg min, contents

54g/egg

Total Ingredient (raw) weight	54.00 g
Total (cooked) weight	54.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	12.00	
Serving size:	54 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	322 kJ	596 kJ
Protein	6.9 g	12.8 g
Fat, total	5.4 g	10.1 g
- saturated	1.7 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	72 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

54.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		

**Nutrition Panel  
Calculator**  
Version: 1.59m

Large (7) 62g/egg min, contents

54g/egg

Total Ingredient (raw) weight	54.00 g
Total (cooked) weight	54.00 g
Weight Change	0.00 %
Specific Gravity	N/A

**NUTRITION INFORMATION**

Servings per package: 15.00  
Serving size: 54 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	322 kJ	596 kJ
Protein	6.9 g	12.8 g
Fat, total	5.4 g	10.1 g
- saturated	1.7 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	72 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW  
03A10014

Amount 54.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		

**Nutrition Panel  
Calculator**  
Version: 1.59m

Large (7) 62g egg min, contents

54g/egg

Total Ingredient (raw) weight	54.00 g
Total (cooked) weight	54.00 g
Weight Change	0.00 %
Specific Gravity	N/A

**NUTRITION INFORMATION**

Servings per package: 20.00  
Serving size: 54 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	322 kJ	596 kJ
Protein	6.9 g	12.8 g
Fat, total	5.4 g	10.1 g
- saturated	1.7 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	72 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW  
03A10014

Amount 54.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai – Ahiteroiria me Aotearoa

**Nutrition Panel**

**Calculator**

Version: 1.59m

Large (7) 62g/egg min, contents

54g/egg

<b>Total Ingredient (raw) weight</b>	<b>54.00 g</b>
<b>Total (cooked) weight</b>	<b>54.00 g</b>
<b>Weight Change</b>	<b>0.00 %</b>
<b>Specific Gravity</b>	<b>N/A</b>

**NUTRITION INFORMATION**

Servings per package: 30.00  
Serving size: 54 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	322 kJ	596 kJ
Protein	6.9 g	12.8 g
Fat, total	5.4 g	10.1 g
- saturated	1.7 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	72 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014

Amount

54.00 g

Specific Gravity N/A

Energy: 596 kJ

Fat, total: 10.1 g

Carbohydrate: 0.3 g

Sodium: 133 mg

Protein: 12.8 g

Fat, saturated: 3.1 g

Sugars: 0.3 g



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahiteroria me Aotearoa

**Nutrition Panel  
Calculator**  
Version: 1.59m

**Jumbo 68g/egg min, contents 59g/egg**

Total Ingredient (raw) weight	59.00 g
Total (cooked) weight	59.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	6.00	
Serving size:	59 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	352 kJ	596 kJ
Protein	7.6 g	12.8 g
Fat, total	6.0 g	10.1 g
- saturated	1.8 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	78 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW							
03A10014	Amount	59.00 g	Specific Gravity N/A				
Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahiteroria me Aotearoa

**Nutrition Panel  
Calculator**  
Version: 1.59m

**Jumbo 68g/egg min, contents 59g/egg**

Total Ingredient (raw) weight	59.00 g
Total (cooked) weight	59.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	12.00	
Serving size:	59 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	352 kJ	596 kJ
Protein	7.6 g	12.8 g
Fat, total	6.0 g	10.1 g
- saturated	1.8 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	78 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW							
03A10014	Amount	59.00 g	Specific Gravity N/A				
Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
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**Nutrition Panel  
Calculator**  
Version: 1.59m

Jumbo 68g/egg min, contents 59g/egg

Total Ingredient (raw) weight	59.00 g
Total (cooked) weight	59.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	15.00	
Serving size:	59 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	352 kJ	596 kJ
Protein	7.6 g	12.8 g
Fat, total	6.0 g	10.1 g
- saturated	1.8 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	78 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014 Amount 59.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai - Ahitereiria me Aotearoa

**Nutrition Panel  
Calculator**  
Version: 1.59m

Jumbo 68g/egg min, contents 59g/egg

Total Ingredient (raw) weight	59.00 g
Total (cooked) weight	59.00 g
Weight Change	0.00 %
Specific Gravity	N/A

NUTRITION INFORMATION		
Servings per package:	20.00	
Serving size:	59 g	
	Average Quantity per Serving	Average Quantity per 100 g
Energy	352 kJ	596 kJ
Protein	7.6 g	12.8 g
Fat, total	6.0 g	10.1 g
- saturated	1.8 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	78 mg	133 mg

Note: All nutrient values for the following ingredients are per 100g EP ingoing weight

Ingredient Name: EGG, WHOLE, RAW

03A10014 Amount 59.00 g

Specific Gravity N/A

Energy:	596 kJ	Fat, total:	10.1 g	Carbohydrate:	0.3 g	Sodium:	133 mg
Protein:	12.8 g	Fat, saturated:	3.1 g	Sugars:	0.3 g		



**FOOD STANDARDS**  
Australia New Zealand  
Te Mana Kounga Kai – Ahiteroria me Aotearoa

**Nutrition Panel  
Calculator**  
Version: 1.59m

Jumbo 68g/egg min, contents 59g/egg

**Total Ingredient (raw) weight** 59.00 g  
**Total (cooked) weight** 59.00 g  
**Weight Change** 0.00 %  
**Specific Gravity** N/A

<b>NUTRITION INFORMATION</b>		
Servings per package:	30.00	
Serving size:	59 g	
	<b>Average Quantity per Serving</b>	<b>Average Quantity per 100 g</b>
Energy	352 kJ	596 kJ
Protein	7.6 g	12.8 g
Fat, total	6.0 g	10.1 g
- saturated	1.8 g	3.1 g
Carbohydrate	0.2 g	0.3 g
- sugars	0.2 g	0.3 g
Sodium	78 mg	133 mg

**Note: All nutrient values for the following ingredients are per 100g EP ingoing weight**

**Ingredient Name:** EGG, WHOLE, RAW

03A10014

**Amount**

59.00 g

**Specific Gravity** N/A

**Energy:** 596 kJ

**Fat, total:** 10.1 g

**Carbohydrate:** 0.3 g

**Sodium:** 133 mg

**Protein:** 12.8 g

**Fat, saturated:** 3.1 g

**Sugars:** 0.3 g