



NUTRITION INFORMATION



	Net Weight (oz.)	Serving Size (g)	Calories	Calories from Fat	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Potassium % DV	Total Carbohydrate (g)	Fiber (g)	Fiber %DV	Sugars (g)	Protein (g)	Protein %DV	Vitamin A %DV	Beta Carotene %DV	Vitamin C %DV	Calcium %DV	Iron %DV	Vitamin D %DV	Vitamin E %DV	Thiamine % DV	Riboflavin % DV	Vitamin B6 % DV	Folate % DV	Vitamin B12 % DV	Pantothenic Acid % DV	Zinc % DV	Meat & Beans (ounces)
Egg Beaters®																																
Egg Beaters Original	16	61	30	0	0	0	0	0	115	95	3	1	0	0	<1	6	12	15	100	0	2	6	10	4	10	50	4	15	20	10	4	1
Egg Beaters Southwestern Style	15	61	30	0	0	0	0	0	180	85	2	1	0	0	0	6	12	15	100	0	2	6	6	4	8	40	4	10	20	10	4	1
Egg Beaters Garden Vegetable	15	61	30	0	0	0	0	0	160	90	3	1	0	0	0	6	12	15	100	0	2	6	6	4	8	40	4	10	20	10	4	1
Egg Beaters Cheese & Chive	15	61	35	0	1	0.5	0	5	210	80	2	1	0	0	0	6	12	10	100	0	2	6	8	4	8	40	4	10	15	8	4	1
Egg Beaters 100% Liquid Egg Whites	32	46	25	0	0	0	0	0	75			1	0	0	0	5	10	0		0	0	0										1

Nutrition information updated June 1, 2009. For most current information always check the Nutrition Facts panel on the product.

