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MY FATSECRET

FOODS

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Foods Food List Egg

Food database and calorie counter

Source: Generic

### 1 Extra Large Egg

#### Food Search

Enter search

### Nutrition Facts

Serving Size: 1 extra large

Amount Per Serving

Calories 85 Calories from Fat 52

% Daily Values\*

|                                 |            |
|---------------------------------|------------|
| <b>Total Fat</b> 5.77g          | <b>9%</b>  |
| Saturated Fat 1.797g            | <b>9%</b>  |
| Polyunsaturated Fat 0.791g      |            |
| Monounsaturated Fat 2.21g       |            |
| <b>Cholesterol</b> 245mg        | <b>82%</b> |
| <b>Sodium</b> 81mg              | <b>3%</b>  |
| <b>Potassium</b> 78mg           |            |
| <b>Total Carbohydrate</b> 0.45g | <b>0%</b>  |
| Dietary Fiber 0g                | <b>0%</b>  |
| Sugars 0.45g                    |            |
| <b>Protein</b> 7.3g             |            |

Vitamin A 6% Vitamin C 0%

Calcium 3% Iron 6%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

#### Nutrition summary:

**Calories**

85

**Fat**

5.77g

**Carbs**

0.45g

**Protein**

7.3g

There are **85 calories** in 1 extra large Egg.

Calorie breakdown: **63% fat**, 2% carbs, 35% protein.

#### Other Common Serving Sizes:

| Serving Size        | Calories |
|---------------------|----------|
| > 1 oz              | 42       |
| > 1 small           | 54       |
| > 1 medium          | 55       |
| > 1 large           | 74       |
| > 1 extra large     | 85       |
| > 1 jumbo           | 98       |
| > 100 g             | 147      |
| > 1 cup (4.86 eggs) | 357      |

+ Add this item to my food diary

date: Today - 06/03/19

meal: Breakfast

name: Egg

amount: 1 extra large

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#### Related Types of Eggs:

- Poached Egg
- Egg White
- Boiled Egg
- Scrambled Egg (Whole, Cooked)
- Fried Egg

[view more eggs nutritional info](#)

#### See Also:

- Hard-Boiled Egg
- Trader Joe's Brown Cage Free Eggs (Large)
- Eggland's Best Large Grade A Eggs
- Fried Egg
- Scrambled Egg

[view more results](#)

#### Contains these Ingredients:

58 g Egg (whole)

#### Other Recently Popular Foods:

- Dunkin' Donuts Sausage Scramble Bowl
- Mann's Nourish Bowls Breakfast Denver Scramble
- Dunkin' Donuts Egg White Bowl
- Snap Kitchen Turkey Chili Scramble
- Pret a Manger Ham & Spinach Frittata
- Bojangles Egg
- Cosi Egg White Cup Florentine
- Bistro MD Southwest Chorizo Frittata
- Original Pancake House Minced Ham & Scrambled Eggs
- Janny Craig Cheesy Egg & Sausage Scramble

Last updated: 21 Aug 07 07:33 AM

Source: FatSecret Platform API

4% of RDI\* (85 calories)

#### Calorie Breakdown:

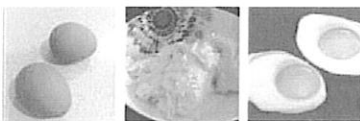
Carbohydrate (2%)  
Fat (63%)  
Protein (35%)



\* Based on a RDI of 2000 calories

What is my Recommended Daily Intake (RDI)?

#### Photos



[view more photos](#)

Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners.