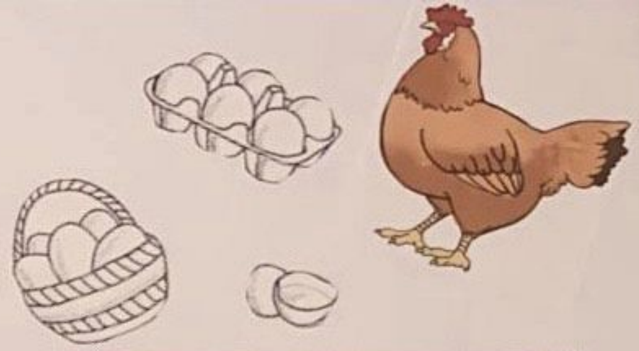

Healthy Facts About Eggs

Duck Eggs

Eggs from ducks are proven better than eggs from a chicken due to their size and nutritional value. This is due to them having more magnesium, calcium, iron, vitamin B12, vitamin A and vitamin B1. They are also a great source of omega-3 fatty acids, which are essential for people's normal metabolism. With all of these nutritional things duck eggs are known to be 50% larger than a chicken egg due to them having to hold all of these components.

Nutrition Facts for Duck Eggs:

Nutrition Facts

Serving Size 70 g

Amount Per Serving	
Calories 130	Calories from Fat 87
	% Daily Value
Total Fat 10g	15%
Saturated Fat 3g	13%
Trans Fat	
Cholesterol 619mg	206%
Sodium 102mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 9g	
Vitamin A 9% • Vitamin C 0%	
Calcium 4% • Iron 15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

In almost every food we consume from a restaurant or from home have eggs in them, but most people don't really know much about the nutrition you can get from the eggs used to cook those foods.

Chicken and Duck eggs are two of the most common eggs used in homes and restaurants due to their nutrient rich properties. These eggs are full of vitamins, protein, fatty acids and many more nutritional things needed for your body to survive.

Chicken Eggs

Chicken Eggs are considered to be the smaller egg between Chicken and Duck Eggs. Though they are small, chicken eggs are mainly known for their iron and zinc supply. These eggs are rich in phosphorus, calcium, potassium, and contain moderate amounts of sodium. They also contain all essential trace elements including copper, iron, magnesium, manganese, selenium, and zinc.

Nutrition Facts for Chicken Eggs:

Nutrition Facts

12 servings per container

Serving size 1 egg (50g)

Amount per serving	
Calories	**70**
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 1mcg	6%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.