

Calorie chart: eggs (PDF)

Calories, protein, carbohydrate and fat for 28 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Dried Egg White Flakes Glucose Reduced	1 oz (28.4 g)	100	351	76.9	4.2	0
Dried Egg White Glucose Reduced	1 cup, sifted (107 g)	382	357	84.1	4.5	0.3
Dried Egg White Powder Glucose Reduced	1 cup, sifted (107 g)	402	376	82.4	4.5	0
Dried Egg Yolk	1 cup, sifted (67 g)	448	669	33.6	0.7	59.1
Dried Whole Egg Glucose Reduced	1 cup, sifted (85 g)	523	615	48.2	2.4	44
Duck Egg	1 egg (70 g)	130	185	12.8	1.5	13.8
Egg	1 large (50 g)	78	155	12.6	1.1	10.6
Egg Substitute	1/4 cup (60 g)	29	48	10	2	0
Egg White	1 large (33 g)	17	52	10.9	0.7	0.2
Egg Yolk	1 large (17 g)	55	322	15.9	3.6	26.5
Fried Egg	1 large (46 g)	90	196	13.6	0.8	14.8
Frozen Pasteurized Egg White	1 oz (28 g)	13	48	10.2	1	0
Frozen Pasteurized Egg Yolk	1 oz (28.4 g)	84	296	15.5	0.8	25.6
Frozen Pasteurized Whole Egg	1 oz (28 g)	41	147	12.3	1	10
Frozen Salted Egg Yolk	1 oz (28.4 g)	78	275	14.1	1.8	22.9
Frozen Salted Whole Egg	1 oz (28 g)	39	138	11	0.8	10.1
Frozen Scrambled Egg Mixture	1 oz (28.4 g)	37	131	13.1	7.5	5.6
Frozen Sugared Egg Yolk	1 oz (28.4 g)	87	307	13.9	11	22.8
Goose Egg	1 egg (144 g)	266	185	13.9	1.4	13.3
Omelet	1 large (61 g)	94	154	10.6	0.6	11.7
Poached Egg	1 large (50 g)	72	143	12.5	0.7	9.5
Powdered Egg	1 tbsp (5 g)	30	592	48.1	1.1	43.9
Powdered Egg Substitute	0.35 oz (9.9 g)	44	444	55.5	21.8	13
Powdered Egg White	1 oz (28 g)	107	382	81.1	7.8	0
Quail Egg	1 egg (9 g)	14	158	13.1	0.4	11.1
Raw Egg	1 large (50 g)	72	143	12.6	0.7	9.5
Scrambled Eggs	1 large (61 g)	91	149	10	1.6	11
Turkey Egg	1 egg (79 g)	135	171	13.7	1.2	11.9

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight.

Interactive tables and Nutrition Facts labels: <https://nutritionfactlabel.com/nutrition-database/eggs/>