



July 25, 2014

PRODUCT FORMULATION STATEMENT: GFS 30 DOZEN LARGE LOOSE EGGS

INGREDIENTS: EGGS

Nutrition Facts	
Serving Size 1 egg (50g)	
Serving per Container 12	
Amount Per Serving	
Calories 70	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Trans Fat 0g	
Cholesterol 185mg	60%
Sodium 70mg	3%
Potassium 70mg	2%
Total Carbohydrate 0g	0%
Protein 6g	13%
Vitamin A 6% • Vitamin C 0%	
Vitamin D 10% • Calcium 2%	
Iron 4% • Thiamin 0%	
Riboflavin 10% • Vitamin B-6 4%	
Folate 6% • Vitamin B-12 8%	
Phosphorus 10% • Zinc 4%	
Not a significant source of Dietary fiber or Sugars	
* Percent Daily Values are based on a 2000	
Calorie diet. Your daily volumes may be higher or	
lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram	
Fat 9 - Carbohydrate 4 - Protein 4	

Thank you,

Michael Lindsey
Florida Sales Coordinator