



71
SERVINGS



SHELF LIFE UP TO
10 YEARS

Certified



Gluten-Free

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Whole Eggs

Nutrition Facts

Serving Size: 2 1/2 Tbsp (13g dry)
Servings Per Container: 71

Amount Per Serving		Calories 70		Calories from Fat 45	
		% Daily Value*			
Total Fat	5g			8%	
Saturated Fat	1.5g			8%	
Trans Fat	0g				
Cholesterol	215mg			72%	
Sodium	90mg			4%	
Total Carbohydrate	0g			0%	
Dietary Fiber	0g			0%	
Sugars	0g				
Protein	6g				
Vitamin A	6%	Vitamin C	0%		
Calcium	2%	Iron	6%		

*Percent Daily values are based on a 2,000 calorie diet. Your daily values 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	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram: Fat 9 Carbs 4 Protein 4

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DIRECTIONS:

1. Add 2 1/2 Tablespoons dry whole egg powder to 2 1/2 Tablespoons warm water and mix well.

Cook as desired.

Yield: 1 whole egg.

Can be used in baking and cooking. For example, use in omelets, french toast, bread, muffins, cookies, cakes, etc. They're also great to take on camping trips.

When using with other dry ingredients, it is not necessary to reconstitute the whole egg powder. Simply add to other dry ingredients and increase liquid requirements by necessary amount.

INGREDIENTS: Whole eggs, sodium silicoaluminate (as an anticaking agent).

Contains allergen: Eggs.

Pasteurized fully dehydrated whole eggs. No refrigeration necessary.

1-800-878-0099

www.AugasonFarms.com

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