

Protein Dictionary

Eggs

All protein values are in grams.

Eggs

Egg, whole, raw	
1 cup (4.86 eggs)	30.6
1 medium	5.5
1 large	6.3
1 extra large	7
1 jumbo	7.9
1 small	4.8
Egg, whole, cooked	
1 cup	16.7
1 medium	5.4
1 large	6.1
1 extra large	7.1
1 jumbo	8
1 small	4.5
1 egg	6.1
Egg, whole, boiled	
1 cup	17
1 medium	5.5
1 large	6.3
1 extra large	7.3
1 jumbo	8.1
1 small	4.6
1 egg	6.3
1 slice	0.6
Egg, whole, poached	
1 cup	17
1 medium	5.5
1 large	6.3
1 extra large	7.1
1 jumbo	8
1 small	4.6
1 egg	6.3
Egg, whole, fried	
1 cup	18.4
1 medium	5.4
1 large	6.2
1 extra large	7.1
1 jumbo	7.7
1 small	4.7
1 egg	6.2
Egg, whole, fried without fat	
1 cup	18.3
1 medium	5.5
1 large	6.2
1 extra large	7.2
1 jumbo	8.1
1 small	4.7
1 egg	6.2

Egg, whole, baked	
1 cup	17.3
1 medium	6.8
1 large	7.5
1 extra large	8.4
1 jumbo	9.2
1 small	6
1 egg	7.5
Egg, whole, baked, fat not added in cooking	
1 cup	18.9
1 medium	5.6
1 large	6.3
1 extra large	7.2
1 jumbo	8.1
1 small	4.6
1 egg	6.3
Egg, whole, baked, fat added in cooking	
1 cup	17.3
1 medium	6.8
1 large	7.5
1 extra large	8.4
1 jumbo	9.2
1 small	6
1 egg	7.5
Egg, whole, pickled	
1 large egg	5.9
1 egg	5.9
Egg, white only, raw	
1 cup	26.5
1 large egg white	3.6
1 egg white	3.6
Egg, white only, cooked	
1 cup	17.7
1 large egg white	3.6
1 egg white	3.6
Egg, yolk only, raw	
1 cup	38.5
1 large egg yolk	2.7
1 egg yolk	2.7
Egg, yolk only, cooked	
1 cup	21.3
1 large egg yolk	2.7
1 egg yolk	2.7
Duck egg, cooked	
1 cup	17.4
1 egg	8.9

Goose egg, cooked	
1 egg	19.9
Quail egg, canned	
1 egg	1.2

Egg Mixtures

Egg, creamed	
1 cup	18.3
1 medium egg	10.7
1 large egg	11.2
1 extra large egg	11.8
1 egg	11.2
Egg, Benedict	
1 medium egg	17.8
1 large egg	18.5
1 extra large egg	19.4
1 egg	18.5
Egg, deviled	
1/2 large egg	3.6
1/2 extra large egg	4
1/2 medium egg	3.2
1/2 small egg	2.8
1/2 jumbo egg	4.4
1/2 egg	3.6
Egg salad	
1 cup	20.3
1 medium egg	6.2
1 large egg	6.8
1 extra large egg	7.5
1 egg	6.8
Egg, scrambled, made from dry eggs	
1 cup	19.7
Egg omelet or scrambled egg	
1 cup	23.5
1 medium egg	6.1
1 large egg	6.8
1 extra large egg	7.5
1 jumbo egg	8.2
1 small egg	5.4
1 egg	6.8
Egg omelet or scrambled egg, fat not added in cooking	
1 cup	22.4
1 medium egg	5.8
1 large egg	6.5
1 extra large egg	7
1 jumbo egg	7.8
1 small egg	5.1
1 egg	6.5

Egg omelet or scrambled egg, fat added in cooking	
1 cup	22.4
1 medium egg	5.9
1 large egg	6.5
1 extra large egg	7.1
1 jumbo	7.9
1 small egg	5.1
1 egg	6.5
Egg omelet or scrambled egg, with cheese	
1 cup	24.6
1 medium egg	8.4
1 large egg	9.1
1 extra large egg	9.9
1 small egg	7.2
1 egg	9.1
Egg omelet or scrambled egg, with fish	
1 cup	21.8
1 medium egg	8.1
1 large egg	8.8
1 extra large egg	9.6
1 small egg	6.9
1 egg	8.8
Egg omelet or scrambled egg, with ham or bacon	
1 cup	30
1 medium egg	9.8
1 large egg	10.7
1 extra large egg	11.5
1 small egg	8.4
1 egg	10.7
Egg omelet or scrambled egg, with dark-green vegetables	
1 cup	18.4
1 medium egg	6.6
1 large egg	7.1
1 extra large egg	7.7
1 small egg	5.6
1 egg	7.1
Egg omelet or scrambled egg, with vegetables other than dark-green vegetables	
1 cup	17
1 medium egg	6.7
1 large egg	7.2
1 extra large egg	7.8
1 jumbo egg	8.7
1 small egg	5.6
1 egg	7.2

Egg omelet or scrambled egg, with peppers, onion, and ham	
1 cup	23.8
1 medium egg	8.2
1 large egg	8.8
1 extra large egg	9.5
1 small egg	6.9
1 egg	8.8

Egg omelet or scrambled egg, with mushrooms	
1 cup	16.8
1 medium egg	5.8
1 large egg	6.4
1 extra large egg	6.9
1 small egg	5
1 egg	6.4

Egg omelet or scrambled egg, with cheese and ham or bacon	
1 cup	25.8
1 medium egg	9.8
1 large egg	10.6
1 extra large egg	11.5
1 small egg	8.3
1 egg	10.6

Egg omelet or scrambled egg, with cheese, ham or bacon, and tomatoes	
1 cup	20.5
1 medium egg	10.4
1 large egg	11.1
1 extra large egg	11.7
1 small egg	8.7
1 egg	11.1

Egg omelet or scrambled egg, with potatoes and/or onions (Tortilla Espanola, traditional style Spanish omelet)	
1 cup	12.5
1 medium egg	7.4
1 large egg	7.8
1 extra large egg	8.2
1 small egg	6.1
1 egg	7.8

Egg omelet or scrambled egg, with beef	
1 cup	22.9
1 medium egg	9.2
1 large egg	9.9
1 extra large egg	10.6
1 small egg	7.7
1 egg	9.9

Egg omelet or scrambled egg, with sausage and mushrooms	
1 cup	22.7
1 medium egg	8.9
1 large egg	9.6
1 extra large egg	10.3
1 small egg	7.6
1 egg	9.6
Egg omelet or scrambled egg, with sausage and cheese	
1 cup	26.7
1 medium egg	10.5
1 large egg	11.3
1 extra large egg	12.1
1 jumbo egg	13.5
1 small egg	8.9
1 egg	11.3
Egg omelet or scrambled egg, with sausage	
1 cup	27.6
1 medium egg	11.1
1 large egg	12
1 extra large egg	12.8
1 small egg	9.3
1 egg	12
Egg omelet or scrambled egg, with hot dogs	
1 cup	23.6
1 medium egg	9.5
1 large egg	10.2
1 extra large egg	10.9
1 small egg	8
1 egg	10.2
Egg omelet or scrambled egg, with onions, peppers, tomatoes, and mushrooms	
1 cup	12.7
1 medium egg	7.8
1 large egg	8.1
1 extra large egg	8.4
1 small egg	6.4
1 egg	8.1
Egg omelet or scrambled egg, with chili, cheese, tomatoes, and beans	
1 cup	18.9
1 medium egg	9.6
1 large egg	10.2
1 extra large egg	10.8
1 small egg	8
1 egg	10.2

Egg omelet or scrambled egg, with chorizo	
1 cup	27.6
1 medium egg	9.1
1 large egg	9.9
1 extra large egg	10.7
1 small egg	7.8
1 egg	9.9
Egg omelet or scrambled egg with chicken	
1 cup	32
1 medium egg	11
1 large egg	12
1 extra large egg	12.9
1 small egg	9.4
1 egg	12
Huevos rancheros	
1 cup	12.4
1 egg	8.1
Egg casserole with bread, cheese, milk and meat	
1 cup	20
1 cubic inch	1.4
Egg foo yung	
1 cup	13.2
1 patty	6.5
Chicken egg foo yung	
1 cup	16.7
1 patty	8.2
Pork egg foo yung	
1 cup	17.1
1 patty	8.4
Shrimp egg foo yung	
1 cup	16.3
1 patty	8
Beef egg foo yung	
1 cup	16.5
1 patty	8.1
Ripe plantain omelet, Puerto Rican style (Tortilla de amarillo)	
1 cup	11.4
1 medium egg	5.2
1 large egg	5.6
1 extra large egg	6
Scrambled eggs with jerked beef, Puerto Rican style (Revoltillo de tasajo)	
1 cup	30.1

Eggs a la Malaguena, Puerto Rican style (Huevos a la Malaguena)	
1 medium egg	10
1 large egg	10.5
1 extra large egg	11
Shrimp-egg patty (Torta de Cameron seco)	
1 cup	20.8
1 patty (about 2" dia)	4.4
Egg dessert, custard-like, made with water and sugar, Puerto Rican style (Tocino del cielo; Heaven's delight)	
1 cup	14.3
Zabaglione	
1 cup	2.8
Fried egg sandwich	
1 sandwich	10
Egg, cheese, and ham on English muffin	
1 Great Starts sandwich (4.4 oz)	19.3
1 sandwich	20
1 McDonald's McMuffin	20.8
1 Jack-in-the-Box Breakfast Jack	19.4
Egg, cheese, and ham on biscuit	
1 sandwich	18.6
1 Hardee's biscuit	18.6
Egg, cheese and ham on bagel	
1 sandwich	30.5
1 McDonald's sandwich	30.5
1 Dunkin' Donuts sandwich	28.2
Egg, cheese, and sausage on English muffin	
1 sandwich	19.8
1 McDonald's McMuffin	19.8
1 Burger King Breakfast Buddy	10.5
Egg, cheese, and beef on English Muffin	
1 Great Starts sandwich (5.2 oz)	22
Egg, cheese, and steak on bagel	
1 sandwich	39.1
1 McDonald's sandwich	39.1
Egg, cheese, and sausage on biscuit	
1 Great Starts sandwich (6.2 oz)	20.8
1 Burger King sandwich	22.2
1 Jimmy Dean sandwich	15.1
Egg, cheese, and sausage griddle cake sandwich	
1 sandwich	21.4
1 McGriddles sandwich	21.4

Egg and sausage on biscuit	
1 sandwich	18
1 McDonald's biscuit	18
1 Hardee's biscuit	16.7
Egg, cheese, and bacon on biscuit	
1 Great Starts sandwich (4.2 oz)	12.6
1 sandwich	15.3
1 McDonald's biscuit	15.3
1 Hardee's biscuit	18.4
Egg, cheese, and bacon griddle cake sandwich	
1 sandwich	20.2
1 McGriddles sandwich	20.2
Egg, cheese, and bacon on English muffin	
1 sandwich	20.8
1 Dunkin' Donuts sandwich	26.2
Egg, cheese and bacon on bagel	
1 sandwich	33
1 Dunkin' Donuts sandwich	33
Egg and bacon on biscuit	
1 sandwich	14
1 Hardee's biscuit	14
Egg and ham on biscuit	
1 sandwich	14.7
1 Hardee's biscuit	14.7
Egg, cheese and sausage on bagel	
1 McDonald's sandwich	33.5
Egg and steak on biscuit	
1 sandwich	19.8
1 Hardee's biscuit	19.8
Egg and cheese on biscuit	
1 sandwich	13.1
Egg salad sandwich	
1 sandwich	13.7
Scrambled egg sandwich	
1 sandwich	10.6
Egg drop soup	
1 cup	7.5
Garlic egg soup, Puerto Rican style (Sopa de ajo)	
1 cup	10
Meringues	
1 meringue	1.6

Egg Substitutes

Egg substitute	
1 cup, cooked	27.6
Scrambled egg, made from powdered mixture	
1 cup, cooked	21.1
1 powdered egg, prepared	4
Scrambled egg, made from cholesterol-free frozen mixture	
1 cup, cooked	15.6
1/4 cup, raw (equivalent to 1 large egg) yields	5.2
1 carton (8 fl oz) yields	20.8
Scrambled egg, made from cholesterol-free frozen mixture with cheese	
1 cup, cooked	16.6
1/4 cup, raw (equivalent to 1 large egg) yields	5.5
1 carton (8 fl oz) yields	22.2
Scrambled egg, made from cholesterol-free frozen mixture with vegetables	
1 cup, cooked	17.4
1 carton (7.5 oz) yields	17.4
Scrambled egg, made from frozen mixture	
1 cup, cooked	14.4
Scrambled egg, made from packaged liquid mixture	
1 cup, cooked	22.8

Frozen Meals

Scrambled eggs, sausage, hash brown potatoes (frozen meal)	
1 meal (6.25 oz)	16.5
Scrambled eggs, bacon, home fried potatoes (frozen meal)	
1 meal (5.25 oz)	17.4
Scrambled eggs, sausage, pancakes (frozen meal)	
1 meal (5.2 oz)	13.8