## **EGG-CELLENT FACTS**

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Grade is determined by quality factors: defects, freshness, and shell attributes



100% 100% Natural does not refer to how a hen was raised. It means NATURAL nothing was added to the egg.

Shell color comes from pigments in the outer layer of the shell. The breed of the hen determines the color of the shell. \*No nutritional differences.

Range from Jumbo to Peewee: Extra large, large and medium are most common.

6g - Protein 0 - Carbs 30mg - Calcium 1mcg - Vitamin D



**COLOR\*** 

SIZE



Source: USDA egg facts, incredibleegg.org