



Konos, Inc.
1240 8th Street
Martin, MI 49070

Konos Egg Specifications

At Konos

- Eggs are all-natural
- Eggs are a good source of high-quality protein
- Eggs are a good source of Vitamin D
- Eggs are naturally gluten-free
- Eggs generally have about 70 calories
- All eggs are produced and processed in the USA

Ingredients

Fresh Eggs

Allergens

Eggs

Shelf Life

45-day expiration code, from date on box label

Storage and Shipping

Maintain at 45 °F or less (do not freeze) at all times.

Nutrition Information

See Attached

Label Explanation Information



Extra Large – The size egg in the pallet or box (Small-Jumbo)

Loose – The Style in which the eggs are packed, in cartons or loose

AA – Grade of Eggs; AA, A, B

P1534 – The USDA given plant number

048 – The Julian date on which the eggs were packed, which determines shelf life (Also used as a Lot #)

May also contain ©Certified Humane, or USDA Organic

Certified Humane indicates that these eggs have been produced from a flock that is certified by Humane Farm Animal Care to be raised humanely and both the farm and the processing plant have been inspected and certified by HFAC.

USDA Organic certifies that a properly designated organic certification body has inspected the farm and production plant and certifies that those eggs are from an organic flock and processed organically.

Nutritional Information

Extra Large
Keep Refrigerated
Nutritional Information
Serving Size 1 egg (56g)

Amount Per Serving

Calories 80

Calories from Fat 45

Not a significant source of Dietary Fiber
or Sugars.

% Daily Value

Total Fat 5g	8%
Sat. Fat 1.5g	8%
Trans. Fat 0g	
Cholest. 240mg	79%
Sodium 70 mg	3%
Potassium 70mg	2%

*Percent Daily Values are based on a
2,000 calorie diet. Your daily values
may be higher or lower depending on
your calorie needs.

Total Carb. Less than 1g	0%
Protein 7g	15%
Vitamin A	8%
Calcium	2%
Vitamin C	0%
Iron	4%

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
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Large
Keep Refrigerated

Nutritional Information
Serving Size 1 egg (50g)

Amount Per Serving

Calories 70

Calories from Fat 40

Not a significant source of Dietary Fiber
or Sugars.

% Daily Value

Total Fat 4.5g	7%
Sat. Fat 1.5g	8%
Trans. Fat 0g	
Cholest. 185mg	60%
Sodium 70 mg	2%
Potassium 70mg	2%

*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 Carb. Less than 1g	0%	Total Fat	Less than 65g	80g
Protein 6g	10%	Sat. Fat	Less than 20g	25g
		Cholesterol	Less than 300mg	300mg
Vitamin A	6%	Sodium	Less than 2,400mg	2,400mg
Calcium	2%	Total Carbohydrate	300g	375g

Vitamin C	0%	Dietary Fiber	25g	30g
Iron	4%	Protein	50g	65g

Medium
Keep Refrigerated
Nutritional Information
Serving Size 1 egg (44g)

Amount Per Serving

Calories 70

Calories from Fat 35

Not a significant source of Dietary Fiber or Sugars.

	<u>% Daily Value</u>		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat 4g	6%		Calories:	2,000	2,500
Sat. Fat 1.5g	8%		Less than	65g	80g
Trans. Fat 0g			Less than	20g	25g
Cholest. 190mg	62%	Total Fat	Less than	300mg	300mg
Sodium 55 mg	2%	Sat. Fat	Less than	2,400mg	2,400mg
Total Carb. Less than 1g	0%	Cholesterol	Less than	300g	375g
Protein 6g	10%	Sodium	Less than	25g	30g
		Total Carbohydrate		50g	65g
Vitamin A 6%		Dietary Fiber			
Calcium 2%		Protein			
Vitamin C 0%					
Iron 4%					

Jumbo
Keep Refrigerated
Nutritional Information
Serving Size 1 egg (63g)

Amount Per Serving

Calories 90

Calories from Fat 50

Not a significant source of Dietary Fiber or Sugars.

	<u>% Daily Value</u>		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Total Fat 6g	9%		Calories:	2,000	2,500
Sat. Fat 2 g	10%		Less than	65g	80g
Trans. Fat 0g			Less than	20g	25g
Cholest. 240mg	79%	Total Fat	Less than	300mg	300mg
Sodium 90 mg	4%	Sat. Fat	Less than	2,400mg	2,400mg
Potassium 8 g	16%	Cholesterol	Less than	300g	375g
		Sodium	Less than	25g	30g
Total Carb. Less than 1g	0%	Total Carbohydrates		50g	65g
Protein 8g	16%	Dietary Fiber			
Vitamin A 8%		Protein			
Calcium 4%					
Vitamin C 0%					
Iron 6%					