

# JCC CAMPS AT MEDFORD

## NUTRITIONAL INFORMATION - EGG SALAD

**Egg salad** (made at Camp): Hard cooked eggs, mayonnaise, white pepper.

### **Newburg Hard Cooked Egg**

#### **Nutrition Facts**

Serving Size: 1 egg  
Calories: 155  
Calories from Fat: 96  
Total Fat: 11g  
Saturated Fat: 3g  
Transfat: 0g  
Cholesterol: 424 mg  
Sodium: 124mg  
Total Carbohydrate: 1g  
Sugars: 1g  
Protein: 13g

### **MAYONNAISE – Lite Eden Mayonnaise**

#### **Nutrition Facts**

Serving Size: 1 Tablespoon  
Calories: 60  
Calories from Fat: 55  
Total Fat: 6g  
Saturated Fat: 1g  
Transfat: 0g  
Cholesterol: 5mg  
Sodium: 115mg  
Total Carbohydrate: 0g  
Dietary Fiber: 0g  
Sugars: 0g  
Protein: 0g

Ingredients: Soybean oil, water, eggs, sugar, salt, acetic acid, mustard flour, xanthum gum, potassium sorbate, EDTA

### **MAYONNAISE – Regular Eden Mayonnaise**

#### **Nutrition Facts**

Serving Size: 1 Tablespoon  
Calories: 100  
Calories from Fat: 100  
Total Fat: 11g  
Saturated Fat: 1.5g  
Transfat: 0g  
Cholesterol: 5mg  
Sodium: 80mg  
Total Carbohydrate: 0g  
Dietary Fiber: 0g  
Sugars: 0g  
Protein: 0g

Ingredients: Soybean oil, water, eggs, sugar, salt, acetic acid, mustard flour, xanthum gum, EDTA