

	<i>All values are per 100 grams of egg.</i>	Vitamin E (mg)	Vit. A Activity (IU)	Beta Carotene (mcg)	Omega-3s (g)	Cholesterol (mg)	Sat. Fat (g)
		Eggs from Confined Birds (per USDA Nutrient Database)	0.97	487	10	0.22	423
	Free-range Egg Averages MOTHER EARTH NEWS, 2007	3.73	791.86	79.03	0.66	277	2.4
	Red Stuga; Topeka, KS; Welsummers	3.35	790	73.8	0.69	350	2.07
	Polyface Farm; Swoope, VA; Mixed Non-Hybrid Breeds	7.37	763	76.2	0.71	292	2.31
	Shady Grove Farm/American Livestock Breeds Conservancy; Hurdle Mills, NC; Buckeyes	2.68	683	42.0	0.59	321	3.16
	Norton Creek Products; Blodgett, OR; Mixed Breeds	2.68	781	102.0	0.55	272	1.88
	Skagit River Ranch; Sedro Woolley, WA; Mixed Breeds	4.02	1013	99.6	0.74	335	2.68
	Spring Mountain Farms; Lehighton, PA; Red Sex-Links	5.36	813	90.0	0.68	231	1.99
	Harmony Hill; Troutville, VA; Rhode Island Reds	1.34	700	69.6	0.49	286	3.38
	Rocky Run Farm; Dunnville, KY; Brown Leghorns	2.68	Not Tested	Not Tested	0.64	301	2.48
	Misty Meadows Farm; Everson, WA; Red Sex-Links	3.35	Not Tested	Not Tested	0.85	283	2.19
	Sparkling Earth Farm; Burnsville, NC; Bovans Browns	3.35	Not Tested	Not Tested	0.80	218	2.68
	Windy Island Acres; Dayville, CT; Mixed Breeds	6.03	Not Tested	Not Tested	0.52	271	2.60
	World's Best Eggs; Elgin, TX; Bovans Browns	4.02	Not Tested	Not Tested	0.46	246	2.01
	Longbranch Farm; Fair Play, SC; Araucanas/Ameraucanas	1.34	Not Tested	Not Tested	0.87	271	2.37
	Springfield Farm; Sparks, MD; Red Sex-Links	4.69	Not Tested	Not Tested	0.60	201	1.83