

The Complete Protein Worth Every Rupee

What one egg delivers, nutrient by nutrient, at an everyday price

6.3g
PROTEIN

A Truly Complete Protein

One large egg has 6.3 g of protein carrying all nine essential amino acids in the ratio the body needs, the same profile scientists use as the reference standard for protein quality.

Source: [USDA FoodData Central](#)

72kcal
CALORIES

High Protein, Very Few Calories

That same 6.3 g of protein comes packed into just 72 kcal, making a large egg one of the most protein dense whole foods on a breakfast table.

Source: [USDA FoodData Central](#)

0.4mcg
VITAMIN B12

B12 Your Body Cannot Make

Vitamin B12 comes only from animal foods, not plants, and one egg supplies about a fifth of the daily value. The body uses it to form red blood cells and keep nerves working.

Source: [USDA FoodData Central](#)

15mcg
SELENIUM

A Built In Antioxidant Mineral

One egg provides about 15 mcg of selenium, over a quarter of the daily value. Selenium helps power the antioxidant enzymes that protect cells and supports normal thyroid function.

Source: [NIH Office of Dietary Supplements](#)

0.23mg
RIBOFLAVIN
(VITAMIN B2)

A Small Dose of B2 Energy

Riboflavin from one egg helps the body turn the protein, fat and carbohydrate in a meal into usable energy, and supports normal growth and red blood cell production.

Source: [USDA FoodData Central](#)

IN SHORT

A good egg on a Multan breakfast table is complete nutrition, and hard to beat for value.

References

1. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
2. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
3. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
4. [NIH Office of Dietary Supplements https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/](https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/)
5. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)