

How Many Calories In One Egg

Cracking the Calorie Code: Unveiling the Nutritional Powerhouse of a Single Egg

We all know eggs are a breakfast staple, a versatile ingredient in countless dishes, and a nutritional powerhouse. But how much energy does a single egg pack? The answer isn't as straightforward as you might think. This in-depth exploration dives into the calorie count of a single egg, its nutritional benefits, and its role in a healthy diet. From the humble egg to its impressive nutritional profile, we'll uncover the secrets behind this culinary cornerstone.

Understanding the Egg's Caloric Content: More Than Just a Number

The calorie count of an egg isn't a fixed value; it varies depending on the type of egg. While the nutritional makeup of eggs is generally consistent, factors like size and composition can affect the calorie count slightly. A typical large egg, a common size for measurements, holds approximately 70-80 calories.

Types of Eggs and Their Calorie Variations

| Egg Type | Approximate Calories (large) | ||| | Large | 70-80 | | Medium | 60-70 | | Small | 50-60 | | Extra Large | 80-90 | *Note: These are approximate values and can vary slightly.* This small difference might seem negligible, but these slight variations are important to keep in mind when tracking your calorie intake, particularly if you're meticulously monitoring your diet.

The Nutritional Profile Beyond Calories

Eggs aren't just about calories; they're a powerhouse of essential nutrients. A single egg provides a remarkable amount of protein, vitamins, and minerals. This nutritional composition makes eggs beneficial in various ways for different individuals.

The Protein Powerhouse

Eggs are a fantastic source of high-quality protein, a vital nutrient for building and repairing tissues. One large egg contains approximately 6 grams of protein, which is a substantial contribution to your daily protein intake. This protein plays a crucial role in muscle development, satiety, and overall bodily function.

Essential Vitamins and Minerals

Eggs are brimming with essential vitamins and minerals, including vitamins A, D, E, and K, as well as iron, zinc, and selenium. These nutrients are crucial for various bodily functions, supporting healthy vision, immune function, and cell growth.

Unveiling the Nutritional Benefits: A Case Study of Egg Consumption

A study published in the **Journal of Nutrition** demonstrated a positive correlation between egg consumption and improved cardiovascular health markers in participants with mild high blood pressure. This suggests that eggs can contribute to a healthier heart.

- **Improved Heart Health:** The presence of choline, antioxidants, and healthy fats in eggs can contribute to a healthier heart.
- **Enhanced Brain Function:** Choline in eggs supports brain development and cognitive function.
- **Stronger Muscles:** The protein in eggs is vital for building and repairing muscles.
- **Healthy Hair and Nails:** Biotin and other nutrients contribute to healthy hair and nails.
- **Weight Management:** The satiety effect of protein in eggs can help control appetite and promote weight management, along with a balanced diet.

Incorporating Eggs into a Healthy Diet

Eggs can be seamlessly integrated into various meals, adding flavor and nutrition without drastically impacting your calorie intake.

Breakfast Ideas

- **Scrambled Eggs with Veggies:** A simple and nutritious breakfast that can be customized with various vegetables.
- **Omelets:** Fill your omelets with a variety of cheeses, vegetables, and meats for a fulfilling breakfast.
- **Frittata:** A savory dish perfect for breakfast or brunch, containing eggs and multiple ingredients.

Lunch and Dinner Options

- **Egg Salad Sandwiches:** A light and protein-rich lunch option.
- **Quiche:**

A savory egg custard baked in a crust. • *Egg Curry*: A popular dish in many cultures, offering both flavor and nutrition.

Real-World Examples

Consider Sarah, a 30-year-old office worker aiming for weight management. By incorporating eggs into her diet (2-3 eggs daily), she experienced reduced cravings and maintained a stable weight while enjoying satisfying meals. This is not an isolated example. Many successful dieters incorporate eggs into their regimen for their nutritional profile and satiety value.

Addressing Potential Concerns: Understanding Egg Safety

It's essential to ensure egg safety during purchasing, storage, and preparation. • **Proper Storage**: Refrigerate eggs immediately after purchase to maintain freshness. • *Thorough Cooking*: Cook eggs thoroughly to eliminate potential bacteria risks. • Source Quality: Choose eggs from reputable sources to minimize the risk of contamination.

Conclusion: The Undisputed Value of the Humble Egg

The humble egg, despite its seemingly simple composition, is a nutritional powerhouse. With approximately 70-80 calories per large egg, eggs offer a remarkable amount of protein, vitamins, and minerals that are essential for maintaining good health. Its versatile nature allows easy integration into a variety of meals, making it a valuable addition to any healthy diet. From breakfast to lunch and dinner, eggs provide a delicious and nutritious way to meet your daily nutritional needs.

Advanced FAQs

1. *How does the cooking method affect the calorie count of an egg?*

While the inherent calorie count remains largely the same, the addition of ingredients (e.g., oil, butter) during cooking can increase the calorie intake of the egg dish.

2. *Are there different nutritional variations based on the breed of hen?* While breed variations can influence minor nutritional

variations, the overall nutritional profile of eggs remains fairly consistent across different hen breeds.

3. **How can eggs contribute to satiety and weight management?** The high protein content in eggs promotes satiety, reducing hunger pangs and potentially aiding in weight management efforts.

4. **Can egg consumption lead to cholesterol concerns?**

While eggs do contain cholesterol, the impact on blood cholesterol levels varies significantly among individuals. Factors such as overall dietary habits and individual health conditions play a crucial role. Consult with a healthcare professional to address your specific concerns.

5. What are some alternative egg options for specific dietary needs? For those

following vegetarian or vegan diets, there are alternative egg sources available, like flaxseed or chia seeds, that can provide some protein and essential nutrients, but will not offer the complete protein profile of a traditional egg.

How Many Calories in One Egg? Let's Crack This Nutritional Mystery!

Eggs. They're a breakfast staple, a versatile culinary hero, and a nutritional powerhouse. But if you're watching your calorie intake or simply curious about what you're fueling your body with, a common question pops up: "How many calories in one egg?" It's a seemingly simple

question, but like most things in nutrition, the answer isn't always a single, straightforward number. Let's crack open this delicious topic and explore the caloric content of eggs, along with everything else you need to know to make informed choices. So, before we dive deep, let's address the main query head-on. For a standard, large chicken egg, you're generally looking at around **70-80 calories**. This is a good ballpark figure to keep in mind. However, several factors can influence this number, and understanding them will give you a more precise picture.

The Humble Egg: A Nutritional Powerhouse

Before we get bogged down in calorie counts, it's worth a moment to appreciate why eggs are so celebrated in the first place. They are packed with high-quality protein, essential vitamins (like A, D, E, K, and B vitamins), and minerals (including iron, zinc, and selenium). They also contain choline, a vital nutrient for brain health, and healthy fats. All this goodness for a relatively low calorie count makes them a smart dietary choice for many.

What Influences the Calorie Count of an Egg?

While 70-80 calories is the general consensus for a large egg, let's break down the elements that can sway that number:

Egg Size Matters: A Calorie Spectrum

The most significant factor affecting the calorie count of an egg is its size. Just like humans, eggs come in various shapes and sizes. Here's a general guide: * **Jumbo Egg**: These are the giants of the egg world. Expect around 90-100 calories. * **Extra Large Egg**: Slightly smaller than jumbo, these typically contain 80-90 calories. * **Large Egg**: This is the

most common size found in supermarkets and, as we've established, usually clocks in at 70-80 calories. * **Medium Egg:** A little more petite, a medium egg will generally have 60-70 calories. * **Small Egg:** The smallest of the standard sizes, expect about 50-60 calories. * **Peewee Egg:** These are the tiniest, often from younger hens, and can have as little as 40-50 calories. When you buy eggs, they are usually sorted by size. So, checking the packaging can give you a more accurate idea of the average calorie count per egg.

The Yolk vs. The White: Where Do the Calories Reside?

This is where things get really interesting! The majority of an egg's calories are found in the yolk. The egg white, while an excellent source of protein, is very low in fat and therefore calories. * **Egg White (from one large egg):** Roughly 17 calories. Primarily protein and water. * **Egg Yolk (from one large egg):** Roughly 55 calories. This is where the fats, cholesterol, vitamins, and minerals are concentrated. So, if you're aiming to reduce your calorie intake specifically, you might opt for egg whites. However, you'd also be missing out on a significant portion of the egg's nutritional benefits. The yolk is where much of the magic happens, nutritionally speaking.

How You Cook Your Egg Can Add Calories

This is a crucial point often overlooked when discussing the calories in one egg. The egg itself might have a consistent calorie count, but the way you prepare it can significantly alter the final dish's caloric value. * **Boiled or Poached Eggs:** These are your calorie-saving champions! Since they are cooked with just water (or no added water), the calorie count remains

very close to that of the raw egg. * **Fried Eggs:** Ah, the temptation of a perfectly fried egg! This is where you need to be mindful. Frying an egg, especially in oil or butter, adds calories. The amount of fat used will directly impact the total calorie count. A lightly fried egg might add only 10-20 calories from the fat, while a generously buttered and fried egg could add 50 or even more. * **Scrambled Eggs:** Similar to fried eggs, the addition of milk, cream, butter, or oil when scrambling can increase the calorie count considerably. Using a splash of milk or a small amount of butter is one thing, but adding a generous pour of cream will boost those calories significantly. * **Omelets and Frittatas:** These dishes often involve adding other ingredients like cheese, vegetables, and meats. While the eggs themselves contribute a base number of calories, these additions can quickly add up. **Tip:** If you're trying to keep your egg dishes low in calories, opt for non-stick pans and use cooking sprays or a minimal amount of healthy fats like olive oil.

What About Other Types of Eggs?

While we've been focusing on chicken eggs, it's worth noting that other edible eggs exist, and their calorie counts can vary. * **Duck Eggs:** Generally larger than chicken eggs and tend to be richer due to a higher fat content. Expect around 130-150 calories per duck egg. * **Quail Eggs:** These are tiny, delicate eggs. A single quail egg is quite small, containing about 14-20 calories. You'd likely eat several to match the volume of one chicken egg. * **Goose Eggs:** These are the largest of the common edible eggs and can contain a substantial number of calories, often over 200 per egg. For most people, the discussion around "how many calories in one egg" refers to the familiar chicken egg.

Are Eggs "Healthy" for Weight Management?

Given their calorie count and nutritional density, eggs can be a fantastic part of a weight management plan. * **Satiety:** The high protein content in eggs promotes a feeling of fullness, which can help you eat less throughout the day and reduce cravings. Studies have shown that eating eggs for breakfast can lead to greater satiety compared to carbohydrate-rich breakfasts. * **Nutrient Density:** They provide essential nutrients without an excessive calorie burden, meaning you're getting a lot of nutritional bang for your caloric buck. * **Versatility:** Their adaptability in cooking means you can prepare them in many healthy ways. However, as with any food, moderation is key, and the overall balance of your diet matters most. If you're consuming eggs as part of a diet high in processed foods and unhealthy fats, simply eating an egg won't be a magic bullet for weight loss.

Cholesterol Concerns: Are Eggs Still a Bad Rap?

For years, eggs, particularly the yolk, were demonized due to their cholesterol content. A large egg yolk contains about 185 mg of dietary cholesterol. However, modern research has shifted significantly. For most healthy individuals, dietary cholesterol has a minimal impact on blood cholesterol levels. The body regulates cholesterol production, and for many, eating cholesterol-rich foods like eggs doesn't significantly raise blood cholesterol. In fact, the beneficial nutrients found in egg yolks, like unsaturated fats and omega-3 fatty acids (in fortified eggs), can have positive effects on heart health. Of course, individuals with specific health conditions, like familial hypercholesterolemia, or those advised by their doctor to limit cholesterol intake, may need to be more cautious. It's

always best to discuss your dietary choices with a healthcare professional.

The "Healthy Egg" Debate: Organic, Free-Range, and Pasture-Raised

You might see labels like "organic," "free-range," or "pasture-raised" on egg cartons. Do these affect the calorie count? Generally, no. The calorie count of an egg is primarily determined by its size and the hen's breed. However, these labels often indicate different farming practices, which can influence the nutritional profile of the egg in other ways. For instance, pasture-raised eggs may have higher levels of omega-3 fatty acids and certain vitamins due to the hen's varied diet of grasses and insects. But in terms of raw calories, the difference is negligible.

Calculating Your Own Egg Calories: A Simple Equation

If you're meticulously tracking your calories, you can get quite precise. Remember: * **Find out the average weight of the eggs you're using.** Supermarket eggs are often categorized by weight. * **Consult a reliable nutritional database** for the calorie count of an egg of that specific weight. * **Add calories from any cooking fats or ingredients.** Most people find that the 70-80 calorie estimate for a large egg is perfectly sufficient for general dietary tracking.

Conclusion: The Humble Egg, A Worthy

Nutritional Choice

So, to circle back to our original question: How many calories in one egg? For a standard large chicken egg, it's around **70-80 calories**. This number can fluctuate slightly based on size, but more importantly, it can be significantly impacted by how you cook it. Eggs are a nutrient-dense, versatile, and generally affordable food. They offer a wealth of protein, vitamins, and minerals that contribute to overall health and can be a valuable ally in weight management. By understanding the factors that influence their calorie count and choosing healthier preparation methods, you can continue to enjoy this incredible food without any caloric guilt. So go ahead, embrace the egg – in moderation and prepared mindfully, it's a fantastic addition to a balanced diet!

The Egg's Caloric Profile: A Closer Look at What's Inside Every Egg Eggs have long been a staple in diets around the world, celebrated not only for their versatility but also for their nutritional balance. One of the most frequently asked questions among health-conscious individuals is, "How many calories are in one egg?" Understanding this number opens a broader conversation about egg consumption, energy intake, and overall dietary planning. At first glance, a large, market-standard egg—typically defined as weighing around 50 grams—contains approximately 70 to 80 calories. This range accounts for variations in egg size, with smaller eggs averaging slightly less and larger ones slightly more. The caloric content primarily comes from the egg's high-quality protein and moderate fat content, which together support satiety and muscle maintenance. Importantly, the distribution of calories is not evenly split: roughly 5 to 7 calories per gram, with the majority derived from fat, especially in the yolk, which contains healthy fats and essential nutrients.

What makes the egg's caloric value particularly significant is its nutrient

density. Despite its modest calorie count, one egg delivers a powerful array of proteins, vitamins, minerals, and choline—nutrients vital for brain function, metabolism, and cellular health. The yolk, often misunderstood, contributes not only calories but also fat-soluble vitamins like A, D, E, and K, along with B-complex vitamins and choline, which play a key role in liver function and nervous system development. This balance means that the calories in an egg serve a functional purpose beyond mere energy—supporting long-term well-being rather than just short-term fuel.

From a dietary perspective, knowing the caloric value of an egg allows for smarter meal planning. Whether consumed boiled, poached, or incorporated into baked goods, eggs offer a flexible, high-protein option that fits seamlessly into various eating patterns, including low-carb, keto, or balanced omnivorous diets. The controlled calorie density supports portion management, making eggs a practical choice for those monitoring intake without sacrificing nutritional quality. Moreover, their ability to enhance satiety helps curb overeating, contributing to sustainable weight management strategies.

Looking ahead, the role of eggs in nutrition continues to evolve. Recent research underscores the importance of whole foods like eggs in a diverse diet, challenging outdated concerns about dietary cholesterol. As science advances, the caloric and nutritional package of the egg is increasingly recognized as a model of efficiency—delivering substantial benefits with relatively few calories. This growing understanding positions eggs not just as a food, but as a functional component of modern, health-focused eating. Understanding exactly how many calories are in one egg is more than a simple fact—it's a gateway to appreciating how small, nutrient-rich foods can powerfully influence health, performance, and dietary balance. Whether enjoyed as a morning staple or a culinary cornerstone, the egg remains a timeless source of nourishment with a well-earned place in any thoughtful diet.

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curiosity. The book remains nearby, ready whenever questions appear, offering not closure, but continuity.

Questions & Answers About how many calories in one egg

No	Question	Answer
1	So, how many calories are we talking about for a single standard egg?	A large, Grade A egg typically contains about 70-80 calories. This can vary slightly depending on the exact size.
2	Does the size of the egg really matter for calorie count?	Yes, it does! Smaller eggs have fewer calories, while extra-large eggs will have a bit more. A medium egg is usually around 60-70 calories.
3	What about the yolk versus the white? Which one packs more calories?	The yolk is where most of the calories reside, along with the fat and cholesterol. The egg white is very low in calories and fat-free.
4	Is a hard-boiled egg the same calorie-wise as a fried egg?	When comparing just the egg itself, yes. However, the way you cook an egg can add calories, especially if you use oil, butter, or other fats for frying.
5	Are there different types of eggs with varying calorie counts?	Generally, chicken eggs are standard. While quail or duck eggs exist, their calorie counts differ, with duck eggs often being higher due to their larger size and richer composition.
6	Does the diet of the chicken affect the calories in their eggs?	While a chicken's diet can influence the nutritional profile (like omega-3s), it doesn't significantly alter the core calorie count of the egg.

7	If I'm tracking macros, roughly how much protein and fat does one egg have?	A large egg typically offers about 6 grams of protein and 5 grams of fat. Most of the fat is in the yolk.
8	Are 'cage-free' or 'organic' eggs different in calorie content?	No, the farming practices like 'cage-free' or 'organic' do not inherently change the calorie count of the egg itself.
9	Is it worth worrying about the exact calorie count of one egg?	For most people, the difference between a 70 and 80 calorie egg is negligible. Eggs are highly nutritious, offering valuable protein and nutrients, making them a healthy choice.

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Unlocking the Nutritional Powerhouse:

How Many Calories in One Egg?

The humble egg, a staple in kitchens worldwide, is often celebrated for its versatility and protein content. But for those mindful of their dietary intake, a fundamental question arises: exactly **how many calories in one egg**? This seemingly simple inquiry opens the door to understanding the nuanced nutritional profile of this incredible food. Far from being a mere source of energy, eggs offer a complex array of vitamins, minerals, and healthy fats that contribute significantly to a balanced diet. In this comprehensive analysis, we'll delve into the caloric count of eggs, exploring the factors that influence it and their broader nutritional implications.

The Standard Egg: A Calorie Breakdown

When we talk about the calorie content of an egg, we're generally referring to a large, whole chicken egg, which is the most common size available in supermarkets. A standard large egg (approximately 50 grams) contains around **70-78 calories**. This figure is a widely accepted average, but it's important to note that slight variations can occur.

The Influence of Egg Size on Calorie Count

Egg sizes are typically categorized from Jumbo to Peewee. The calorie count will naturally increase with the size of the egg. Here's a general guideline:

1. **Jumbo Egg (approx. 63g):** ~90 calories
2. **Extra-Large Egg (approx. 56g):** ~80 calories
3. **Large Egg (approx. 50g):** ~70-78 calories

4. **Medium Egg (approx. 44g):** ~60-65 calories
5. **Small Egg (approx. 38g):** ~55 calories
6. **Peewee Egg (approx. 31g):** ~45 calories

So, while the question "how many calories in one egg" often defaults to the large size, understanding these variations is crucial for precise calorie tracking.

The Role of the Yolk and White

A whole egg's calorie count is derived from both its yolk and its white. The yolk, while smaller, is where most of the fat and therefore a significant portion of the calories reside. The egg white, primarily composed of protein and water, is very low in calories.

1. **Egg Yolk (approx. 17g):** ~55 calories
2. **Egg White (approx. 33g):** ~17 calories

This distinction is important for individuals who may be focusing on specific macronutrient goals. For instance, those looking to reduce fat intake might opt for egg whites, while those seeking to maximize nutrient density might consume the whole egg.

Beyond Calories: The Nutritional Significance of Eggs

While knowing **how many calories in one egg** is a starting point, the true value of eggs lies in their rich nutritional profile. They are a powerhouse of essential nutrients that contribute to overall health and well-being.

Protein Powerhouse

One of the most celebrated aspects of eggs is their high-quality protein content. A large egg provides about 6 grams of complete protein, meaning it contains all nine essential amino acids that the body cannot produce on its own. This makes eggs an excellent choice for muscle building, repair, and satiety. The protein in eggs is highly bioavailable, meaning the body can easily absorb and utilize it.

Vitamins and Minerals Galore

Eggs are a fantastic source of a wide array of vitamins and minerals. These include:

1. **Vitamin A:** Crucial for vision, immune function, and skin health.
2. **Vitamin D:** Essential for bone health and calcium absorption.
3. **Vitamin E:** An antioxidant that protects cells from damage.
4. **B Vitamins (B2, B5, B6, B12, Folate):** Vital for energy production, brain function, and red blood cell formation.
5. **Choline:** An essential nutrient for brain health, memory, and liver function. Many people are deficient in choline, making eggs a key dietary source.
6. **Selenium:** A powerful antioxidant that supports thyroid function and immune health.
7. **Phosphorus:** Important for bone and teeth health, as well as energy metabolism.
8. **Iron:** Necessary for oxygen transport in the blood.
9. **Zinc:** Supports immune function and wound healing.

The Health Debate: Cholesterol and Fat in Egg Yolks

For years, eggs, particularly the yolks, were demonized due to their cholesterol content. A large egg yolk contains about 186 mg of dietary cholesterol. However, extensive research has since shown that dietary cholesterol has a much smaller impact on blood cholesterol levels for most people than previously thought. The body regulates its cholesterol production, and for the majority of the population, consuming eggs in moderation does not significantly raise harmful LDL cholesterol levels. In fact, the beneficial nutrients found in egg yolks often outweigh any perceived risks.

Furthermore, the fats found in eggs are primarily monounsaturated and polyunsaturated fats, which are considered heart-healthy. These fats, along with the other nutrients, contribute to the overall positive health impact of eggs.

Factors Affecting Egg Nutrition and Calories

While the base calorie count of an egg is relatively consistent, several factors can subtly influence its nutritional makeup and, by extension, its caloric value.

Diet of the Hen

The diet of the chicken can impact the nutritional profile of its eggs. For example, eggs from hens fed a diet rich in omega-3 fatty acids can have a higher omega-3 content themselves. While this doesn't drastically alter

the calorie count, it does enhance the health benefits.

Cooking Methods

How you prepare your eggs can add calories. For instance, frying an egg in butter or oil will increase its calorie content significantly compared to boiling or poaching. A fried large egg cooked with a tablespoon of oil could easily add an extra 100-120 calories.

1. **Boiled/Poached:** Retains the natural calorie count (~70-78 calories for a large egg).
2. **Scrambled (without added fat):** Similar to boiled/poached, but the whisking process can slightly alter texture.
3. **Scrambled (with milk/cream and butter):** Calories can increase significantly depending on the additions.
4. **Fried (in oil/butter):** Adds the calories from the cooking fat.

Understanding these preparation methods is key to managing your overall calorie intake when incorporating eggs into your diet.

Organic vs. Conventional

The debate between organic and conventional eggs often centers on the hens' living conditions and feed. Nutritionally, the calorie content of organic and conventional eggs is generally very similar. Any differences in micronutrients are typically subtle and not significant enough to drastically change the overall health perception based on calories alone.

Incorporating Eggs into a Healthy Diet

Given their excellent nutritional profile and moderate calorie count, eggs

are an indispensable part of a healthy eating plan. They are incredibly versatile and can be enjoyed in countless ways.

Eggs for Weight Management

For individuals aiming for weight management, eggs can be a powerful ally. Their high protein content promotes satiety, helping you feel fuller for longer and reducing the likelihood of overeating. Starting your day with an egg-based breakfast can set a positive tone for your calorie intake throughout the day. For example, a breakfast of two scrambled eggs with a side of whole-wheat toast provides substantial protein and fiber, keeping you energized without a caloric overload.

Eggs for Muscle Building

Athletes and fitness enthusiasts often rely on eggs for their muscle-building capabilities. The complete protein profile aids in muscle repair and growth, making them an ideal post-workout meal. Combining eggs with other protein sources or complex carbohydrates can further enhance their effectiveness.

Eggs for a Balanced Diet

Beyond specific goals, eggs contribute to a balanced diet by providing essential micronutrients that are often lacking in Western diets, such as choline. Their inclusion can help fill nutritional gaps and promote overall well-being. Whether as part of a savory omelet, a light frittata, or simply hard-boiled for a quick snack, eggs offer a simple yet profound way to boost your nutrient intake.

The Verdict: How Many Calories in One Egg?

To reiterate, a standard large egg contains approximately **70-78 calories**. This number serves as a useful benchmark, but remember that egg size and preparation methods will influence the final caloric tally. More importantly, the focus on just the calorie count overlooks the immense nutritional value eggs bring to the table. They are a cost-effective, nutrient-dense, and versatile food that can play a significant role in supporting a healthy and balanced lifestyle. So, the next time you crack open an egg, appreciate it not just for its calorie count, but for the wealth of vitamins, minerals, and high-quality protein it generously offers.