



# Food Nutrition Analysis Dashboard

Explore nutrient profiles of foods and discover healthy options.

Search Food Type



egg

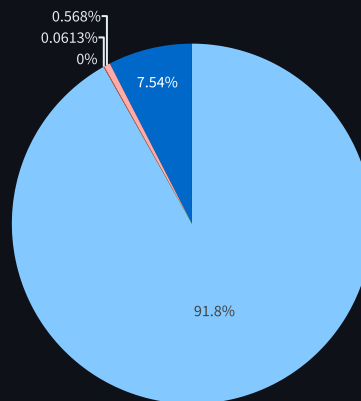
Select a food:

Egg, white, dried



## Nutrient Distribution for: Egg, white, dried

### Nutrient Breakdown



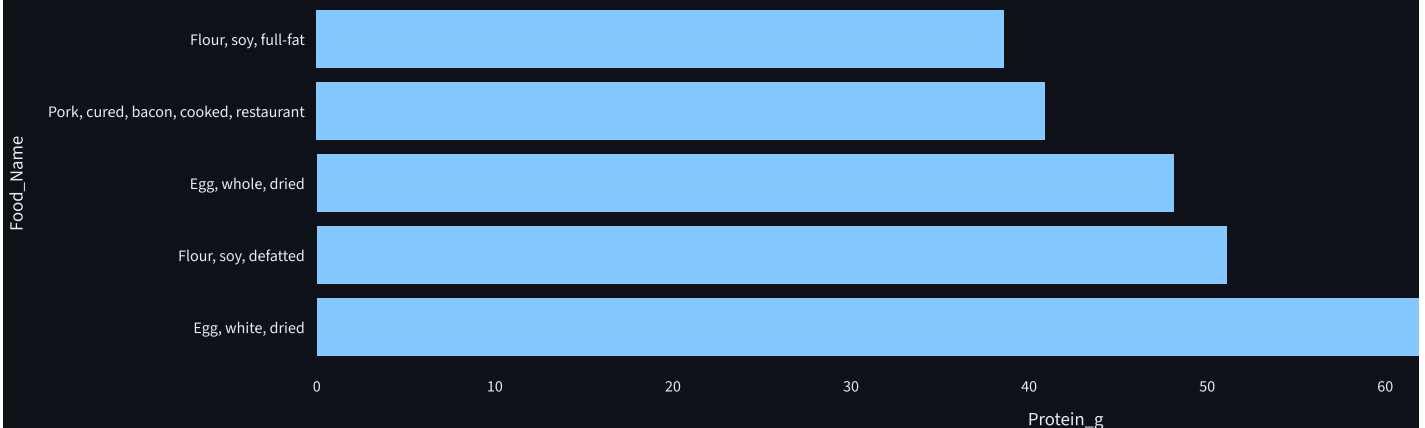
### Nutrient Values

	Calories	Protein (g)	Carbs (g)	Fat (g)
Egg, white, dried	973	79.9	6.02	



### Top 5 High-Protein Foods

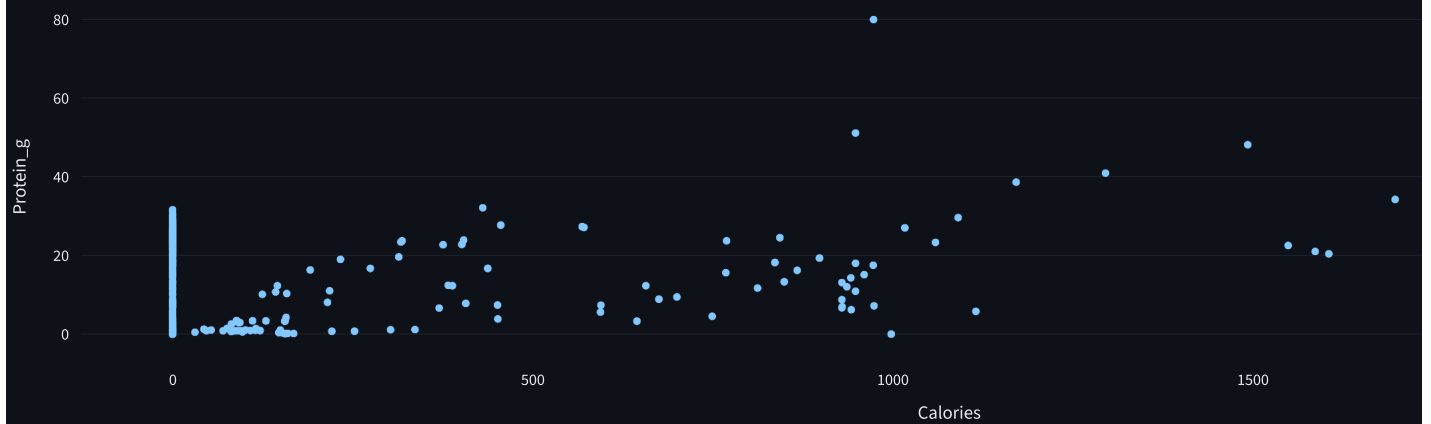
#### Top Protein Foods





## Calories vs. Protein

Calories vs. Protein



## Dataset Statistics

Total Foods: 74175

Average Protein: 0.37 g

Average Calories: 0.92