



Golden Nest
POULTRY



BAKONE

FARMS
DINARE



Medium & Large Eggs

embody purity,
sustainability,
and superior
quality.



Golden Nest
POULTRY



SCAN HERE

At **Golden Nest Poultry**, we believe that excellence starts at the source. Nestled in harmony with nature, we are dedicated to providing you with premium, farm-fresh eggs that embody purity, sustainability, and superior quality.



Nutrition Facts		
2 servings per container		
Serving size	1 cup (255g)	
Calories	Per serving	220
	Per container	440
Total Fat	% DV*	6%
Saturated Fat	% DV*	10%
Trans Fat	% DV*	0g
Cholesterol	% DV*	5%
Sodium	% DV*	10%
Total Carb.	% DV*	13%
Dietary Fiber	% DV*	21%
Total Sugars	% DV*	13%
Incl. Added Sugars	% DV*	8%
Protein	% DV*	16%
Vitamin D	5mcg	25%
Calcium	200mg	15%
Iron	1mg	6%
Potassium	470mg	10%
	10mcg	50%
	400mg	30%
	2mg	10%
	940mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Proudly
South Africa.

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