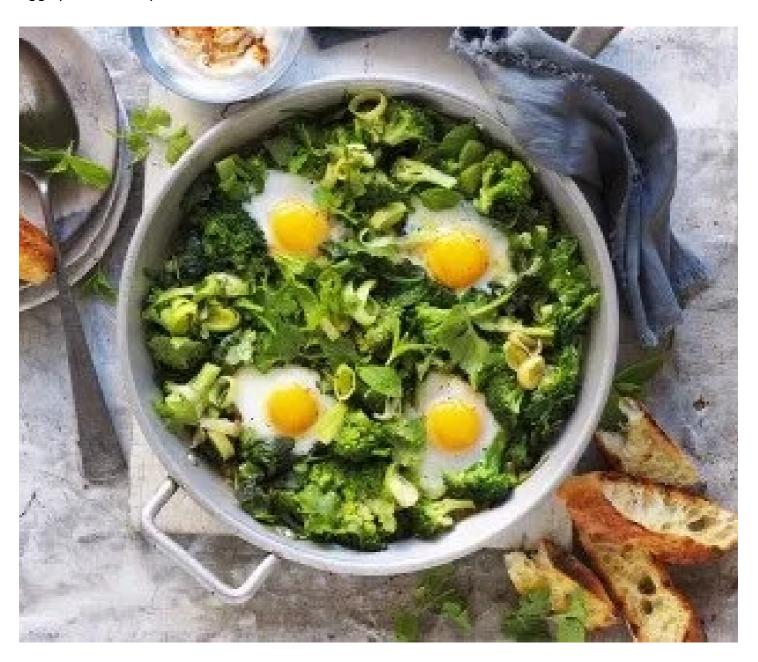
## How much iron is there in eggs?



Health & Nutrition



One large egg contains 0.9mg of iron, found predominantly in the yolk. An average serve of two eggs provides 14 percent of the RDI for iron.



13 Essential Nutrients and Vitamins in Eggs