



AUTHENTIC ORGANIC
AND NATURAL EGGS

Eggs

**Free Range
Large Brown Omega 3**



Organic Large Brown



Organic Jumbo Brown



Organic Medium Brown



Cage Free Jumbo Brown



Cage Free Large Brown



Cage Free Large White

Farmers' Hen House Organic and Natural Eggs

Nestled into the hills of Kalona, Iowa is a small, locally owned hen house that produces some of the freshest, most sought after organic eggs in the nation.

Mark Miller, and his son, Ryan, have operated the Farmers' Hen House for about six years, continuing the legacy of an Amish man who started it nearly a decade ago. The eggs are gathered from about 35 small family farms where all the hens are cage free. To process the eggs, much of the work is done by hand by about a dozen local Amish and Mennonite workers. The hens that lay Farmer's Hen House eggs are vegetarian fed with no animal by-products, no antibiotics, and no hormones. And like our growers who are good stewards of the land, our packaging is made from environmentally friendly materials.

www.kalonaorganics.com

Free Range Large Brown Omega 3



Cage Free Jumbo Brown



Organic Jumbo Brown



Cage Free Large Brown



CERTIFIED
ORGANIC BY:
Iowa Department
of Agriculture
& Land
Stewardship

Organic Large Brown



Cage Free Large White



NUTRITION FACTS

Percentage of Daily Value (grams)

	Free Range OMEGA 3 Large	Large Organic, Large Cage Free Brown, Large Cage Free White	Jumbo Organic and Jumbo Cage Free Brown	Medium Organic
Serving Size	1 egg (50g)	1 egg (50g)	1 egg (63g)	1 egg (44g)
Calories	70	70	90	70
Calories from Fat	45	40	50	35
Sat Fat	8% (1.5g)	8% (1.5g)	10% (2g)	8% (1.5g)
Trans Fat	0% (0g)	0% (0g)	0% (0g)	0% (0g)
Total Fat	8% (5g)	7% (4.5g)	8% (5g)	6% (4g)
Cholesterol	71% (215mg)	71% (215mg)	89% (270mg)	62% (190mg)
Sodium	3% (65mg)	3% (65mg)	3% (80mg)	2% (55mg)
Carbohydrates	0% (1g)	0% (1g)	0% (1g)	0% (1g)
Protein	10% (6g)	10% (6g)	15% (8g)	10% (6g)
Vitamin A	6%	6%	8%	6%
Vitamin C	0%	0%	0%	0%
Calcium	2%	2%	4%	2%
Iron	4%	4%	6%	4%
Vitamin E	20%	*	*	*



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