

Egg White vs Egg Yolk (vsdiff.com)

Component	Egg White (per 100g)	Egg Yolk (per 100g)
Approx. energy	~50-60 kcal	~300-330 kcal
Protein	~10-11 g (low fat)	~15-17 g (higher fat)
Fat	~0.1-0.5 g	~25-28 g (mostly unsaturated & saturated)
Cholesterol	~0 mg	~1000-1100 mg (per 100g) — a large yolk ≈ 160-220 mg
Key micronutrients	<i>Potassium, niacin (small amounts)</i>	<i>Vitamin A, D, E, K, choline, lutein/zeaxanthin</i>
Typical culinary roles	<i>Foams, binding, low-calorie protein</i>	<i>Emulsifying, enriching, glazing</i>

Source: <https://vsdiff.com/egg-white-vs-egg-yolk/>