The incredible edible egg™

From The Inside Out!

Yolk
- Yellow portion of egg
- Color varies with feed of the hen, but doesn’t indicate nutritive content
- Major source of egg vitamins, minerals, and fat

Germinal Disc

Vitelline (Yolk Membrane)
- Holds egg yolk contents

Chalazae
- Twisted, cordlike strands of egg white
- Anchor yolk in center of egg
- Prominent chalazae indicate freshness

Shell
- Outer covering of egg, composed largely of calcium carbonate
- May be white or brown depending on breed of chicken
- Color does not affect egg quality, cooking characteristics, nutritive value or shell thickness

Air Cell
- Pocket of air formed at large end of egg
- Caused by contraction of the contents during cooling after laying
- Increases in size as egg ages

Shell Membranes
- Two membranes - inner & outer shell membranes, surround the albumen
- Provide protective barrier against bacterial penetration
- Air cell forms between these two membranes

Thin Albumen (White)
- Nearest to the shell
- Spreads around thick white of high-quality egg

Thick Albumen (White)
- Major source of egg riboflavin and protein
- Stands higher and spreads less in higher-grade eggs
- Thins and becomes indistinguishable from thin white in lower-grade eggs

Nutrition Facts
Serving Size - 1 egg (50g)
Amount per serving % DV
Calories 70
Fat Calories 45
Total Fat - 5g 8%
Saturated Fat - 1.5g 8%
Trans Fat - 0g
Cholesterol - 185mg 62%
Sodium - 70mg 3%
Vitamin D - 40 IU 10%
Total Carbohydrate - 0g 0%
Protein - 6g 12.5%
Choline - 125 mg 23%

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