

Eggs

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**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- White and brown eggs have identical nutrition, the difference is the breed of hen laying the egg.
- Eggs sizes are determined by weight.
- If concerned about cholesterol levels in eggs, a great alternative when cooking or baking is cholesterol free liquid egg substitute.
- 1 large egg contains:
 - 12% of your daily recommended value of protein to build muscles, cartilage and skin.
 - 5% of your daily recommended value of iron and vitamin B, which promote healthy circulation and nerve functioning.



PREPARE

Crack open the egg by tapping it gently against a hard surface, pull the shell apart, and pour the egg white and yolk into a bowl, checking for any shell pieces. Wash hands after handling raw eggs.

Boiled eggs: Boil a pot of water with 1 Tbsp of vegetable/olive oil, carefully place eggs in pot with a slotted spoon, and once desired time is reached remove eggs and place in a bowl of ice water.

Soft Boiled - Silky, firm white and runny yolk (cook 6 minutes, ice water 2 minutes)

Medium Boiled- Fully cooked white, slightly runny yolk (cook 7-9 minutes, ice water 2 minutes)

Hard Boiled- Fully cooked white and yolk (cook 10-12 minutes, ice water 15 minutes or overnight)

STORE

- *In-shell eggs* – refrigerate eggs in original carton to prevent moisture loss and follow the expiration date (typically 3-5 weeks); no need to wash.
- *Boiled eggs* - Store in the fridge in their original carton. If storing peeled boiled eggs, place in an airtight container. Use boiled eggs within 1 week of cooking.
- Cooked egg dishes can be stored in the fridge in an airtight container up to 4 days
- Eggs cannot be frozen in their shells. Beat yolks and egg whites together and place in a freezer safe container. Can be stored for up to 1 year.