

EGG

- Both the white and yolk of an egg are rich in nutrients, including proteins, vitamins and minerals. The yolk also contains cholesterol, fat-soluble vitamins (such as vitamins D and E) and essential fatty acids.
- Eggs are very good source of inexpensive, high-quality protein, more than half the protein of an egg is found in the egg white, which also includes vitamin B2 and lower amounts of fat than the yolk.
- Eggs are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper. Egg yolks contain more calories and fat than the whites.
- Eggs are source of fat-soluble vitamins A, D, E and K and lecithin, the compound that enables emulsification in recipes such as hollandaise or mayonnaise.



One medium egg (boiled) contains:

84 calories	8.3g protein	5.7g fat	1.6g sat fat
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