**EGG NOTES**

**NUTRITION**

Two eggs have \_\_\_\_\_\_ of the protein needed daily and are only \_\_\_\_\_\_ calories.

**Protein** –

**Riboflavin** –

**Niacin** –

**Iron** –

**Potassium** –

**What is the function of the chalazae?**

**As the egg loses freshness, how does the appearance of the chalazae change?**

**How big is the air cell in a high quality, fresh egg?**

**What causes the air cell to enlarge in an egg?**

**What is the “blood spot” you sometimes see on the yolk of a raw egg?**

**Should you eat an egg with a “blood spot” on the yolk?**

**What is a “break-out” egg test?**

**What will a “break-out” test tell you?**

**What determines the color of an eggshell?**

**Does the color affect nutrition, taste or quality?**

**Why is it important to buy only clean, graded eggs?**

**How long will they be safe to use when store in the refrigerator?**

**Eggs are very versatile; recipes use them for:**

EGG SIZES AND GRADES