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An egg is an organic vessel grown by an animal to carry a possibly fertilized egg cell a zygote

Within the vessel an embryo is incubated until it has become an animal fetus that can survive on its own at which point the animal hatches Dec 1 2025 Egg the content of the hard shelled reproductive body produced by a bird considered as food

While the primary role of the egg is to reproduce the species most eggs laid by domestic fowl are sold mainly for human consumption Oct 27 2025 Eggs provide many vitamins antioxidants and protein. But they're also high in cholesterol so the number of eggs that are okay to have can depend on your health

The yolk in eggs can Dec 20 2024 Eggs are among the most nutritious foods on the planet. A whole egg contains all the nutrients required to turn a single cell into a baby chicken Jun 19 2025 Eggs pack an impressive nutrient punch

Importantly while both the yolk and white contain protein the yolk is much higher in other essential nutrients

One large egg 50 grams has approximately 6.5 grams of protein 5 grams of fat 0.5 gram of carbohydrate and 70 calories Jul 9 2024 There are many types of egg but the most common choice is that of the chicken. Eggs contain several vitamins and minerals that are essential parts of a healthful diet

In many parts of the world Because different people want different things American egg farmers offer a variety of different eggs

From egg color nutritional enhancements and common sizes to sustainability pricing and production processes here you'll find the information you need to make the most of your egg options Apr 24 2025 Most healthy people can eat up to seven eggs a week without affecting their heart health

Some choose to eat only the egg white and not the yolk which provides some protein without the cholesterol. Eggs can be a good addition to a healthy well balanced diet May 1 2024 Both the egg white and yolk are rich in nutrients

The yolk contains fat soluble vitamins including vitamins A D and E as well as fats including essential omega 3 fatty acids while most of the protein is found in the egg white. Eggs are an important and versatile ingredient Dec 5 2024 Eating an egg per day is safe for most healthy people

And the benefits you get from the protein vitamins minerals and relatively few calories in your eggs outweigh risks from the tiny amount of saturated fat that you also get in the egg yolk.

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