

Eggs—A Natural Wonder

Shell

- Outer covering of egg, composed of calcium carbonate
- Color does not affect quality, cooking characteristics, or nutritional value

Yolk

- Color varies with feed of the hen, but doesn't indicate nutritional content
- Major source of vitamins, minerals, and fat

Chalazae

- Prominent chalazae indicate high quality

Air Cell

- Increases in size with age

Shell Membranes

- Provide protective barrier against bacteria

Thin Albumen (White)

- Spreads around thick white of high quality egg

Germinal Disk

- Develops into embryo

Thick Albumen (White)

- Excellent source of riboflavin and protein
- Stands higher and spreads less than thin white in high quality eggs
- Thins and becomes indistinguishable from thin white in low-quality eggs

