

Food for Thought

April 2023

Eggs: Your Questions Answered

Eggs are a quick and easy source of nutrition that are lower in cost than some other protein sources, but many people still have questions about them.



Here are some answers to some of the common questions about eggs:

Q: What is the difference between different colored eggs?

A: Variation in the shell color of eggs is the result of the hen's genetics and breeding. Although there is a difference in the outer appearance of the egg, there is not a difference in flavor, nutrition, or in preparation needed.

Q: Are darker egg yolks an indication of a better egg?

A: The color of the egg yolks is affected by what the hens eat. Certain chicken feeds have properties that change the color of the yolk. According to [University of Illinois Extension](#) "birds that have access to green plants or have yellow corn or alfalfa in their feed tend to produce dark yolks." Regardless of their color, according to the [USDA](#), egg yolks are a good nutritional source of vitamin A and iron.

Q: What is the white stringy thing in eggs? Is it okay to eat?

A: That is called the chalazae and it connects the yolk to the egg white. It is fine to eat. The more pronounced the chalazae is, the fresher the egg is!

Q: Are eggs good for me?

A: Eggs are all natural and jam-packed with essential nutrients. There are 70 calories, 13 essential vitamins and minerals, high-quality protein, and antioxidants all combined into one egg!

Q: Are egg yolks healthy to eat?

A: If you are on a restricted diet due to a health condition you need to follow your health care provider's advice regarding eggs. For the general population the whole egg is a good source of protein, iron, calcium, vitamins A, B6, and D and, in moderation, can be part of a healthy diet.

Q: How long will eggs stay fresh?

A: Eggs will stay fresh in the refrigerator for a month but can stay fresh as long as 45 days from fresh. The best way to keep eggs fresh is to keep them in their carton in a refrigerator that is at a constant 40°F. In addition, if your eggs are very fresh the whites will be cloudy.



Hard Boiled Eggs

1. Place eggs in a single layer in a pot with enough water to cover the eggs with at least an inch to spare.
2. Cover the pot and quickly bring to a boil.
3. Remove from heat and leave the pan covered. Let sit for 15 minutes for large eggs, 13 minutes for medium eggs and 10 minutes for small eggs.
4. Run cold water over eggs or place them in ice water until they are completely cooled. This stops the cooking process and makes the eggs easier to peel. Older eggs peel easier than fresh eggs.
5. Hard-boiled eggs can be refrigerated safely up to seven days after cooking.

Vegetable Frittata

2 cups vegetables, chopped (mushrooms, onions, peppers, tomatoes)
6 eggs
1/4 cup nonfat milk
1/2 cup shredded cheese



1. Heat an oven-proof skillet over medium heat. Spray with nonstick cooking spray.
2. Add vegetables and sauté until tender (3–5 minutes). Reduce heat to medium low.
3. While vegetables are cooking, beat eggs and milk together in a medium sized bowl.
4. Stir cheese into eggs.
5. Turn oven broiler to high.
6. Pour egg mixture over vegetables. Cover with a lid. Cook until eggs are nearly set—about 6 minutes. Do not stir and do not remove lid.
7. Remove lid from skillet and place skillet in the oven. Broil until eggs are completely set and lightly browned (2–3 minutes).

Note: if you do not have an oven proof skillet you can pour ingredients from skillet to an oven safe pan such as a round baking pan.

Sources: https://www.canr.msu.edu/news/whats_the_difference_between_brown_and_white_eggs_your_egg_questions_answer;
<https://blogs.extension.iastate.edu/wellness/tag/eggs/> retrieved 03/30/23

Eat Smart Idaho can help you learn how to eat well for less. For Information on Eat Smart Idaho classes, contact the Nutrition Instructor in your county:

Panhandle: Benewah, Bonner, Boundary, Kootenai & Shoshone Counties
208-292-2525

North Central Idaho: Clearwater, Idaho, Latah, Lewis, & Nez Perce Counties
208-883-2267



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD www.eatsmartidaho.org
Phone: 208-292-2525 E-mail – kalig@uidaho.edu

This work and material is supported and funded by USDA's Supplemental Nutrition Assistance Program-SNAP and the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture. USDA and University of Idaho are equal opportunity providers.