



\*\*This news release from K-State Research and Extension is available online at <https://ksre-learn.com/eggs-nutrition-value>

Released: April 4, 2024

### **Eggs can be incorporated into most daily meals**

K-State food scientist says eggs contain eight essential nutrients

*By Maddy Rohr, K-State Research and Extension news service*

MANHATTAN, Kan. – Even after Easter has passed, eggs can be part of every meal, including dessert. Kansas State University food scientist Karen Blakeslee says they are versatile and nutritious.

“Eggs have eight essential nutrients and are one of the few foods that naturally contain vitamin D,” Blakeslee said. “They are packed with protein and are an excellent source of choline, which is important for brain health.”

One of the least expensive food choices for the nutrient value received, eggs help bind other ingredients together, such as a baked product or meat loaf. When whipped, they add volume to cakes, souffles and more.

However, Blakeslee cautions, “eggs are one of the nine major food allergens that many people must avoid. Those allergic to eggs must read package labels to know whether eggs are present (in a food product) or not.”

Eggs can be used whole or split into yolks and whites and used in many applications. Blakeslee said eggs can be boiled, fried, scrambled, baked, poached and more.

“When you look at a carton of eggs, there may be a lot of information on the carton. [The American Egg Board Incredible Egg program](#) has an infographic to explain the different terminology,” Blakeslee said.

Learn more about eggs from the [American Egg Board](#).

Blakeslee, who also is coordinator of [K-State’s Rapid Response Center for Food Science](#), publishes a monthly newsletter called [You Asked It!](#) that provides numerous tips on food safety.

More information is also available from [local extension offices](#) in Kansas.

**FOR PRINT PUBLICATIONS:** Links used in this story  
Rapid Response Center, <https://www.rrc.k-state.edu>

You Asked It! newsletter, <https://www.rrc.k-state.edu/newsletter>

American Egg Board, <https://www.incredibleegg.org/>

The American Egg Board Incredible Egg program, <https://www.incredibleegg.org/wp-content/uploads/2023/07/Egg-Labeling-InfographicPrint.pdf>

K-State Research and Extension local offices, <https://www.ksre.k-state.edu/about/statewide-locations.html>

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