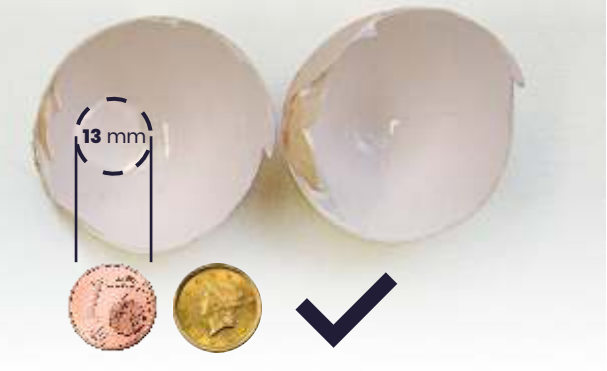
EGG BREAKERS

EGG QUALITY TEST BY OVO-TECH

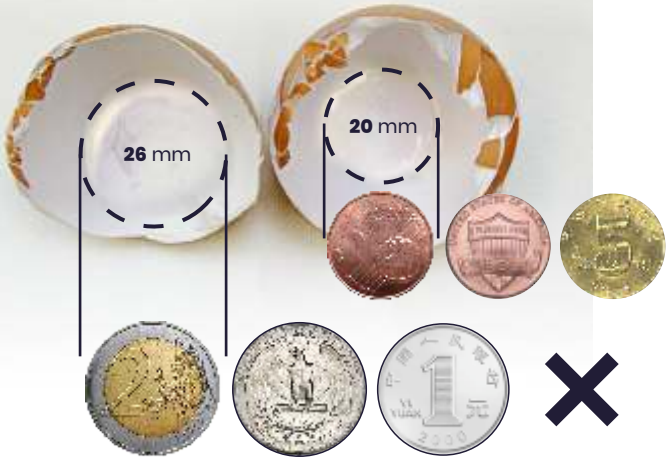
AIR CHAMBER – INSIDE OF THE EGGSHELL

Fresh eggs have a small air chamber, or may not have it at all.

Good quality – fresh eggs (up to 10 days, kept in cold storage)



Stale eggs – old or stored in inappropriate conditions



INSIDE – WHITES AND YOLKS

Fresh eggs

Fresh eggs are firm, dense, not runny, and have a layer of clear gel surrounding the yolks. The yolks are resistant to pressure and hard to break.

Stale eggs

Whites from stale eggs are watery, loose, spread broadly. Yolks are often low, have a stain and break with the use of small force.

EGGSHELLS EVALUATION

Eggshell of a poor quality egg is fragile, often dull and marbled, thin and breaks easily into many small particles.

STORAGE

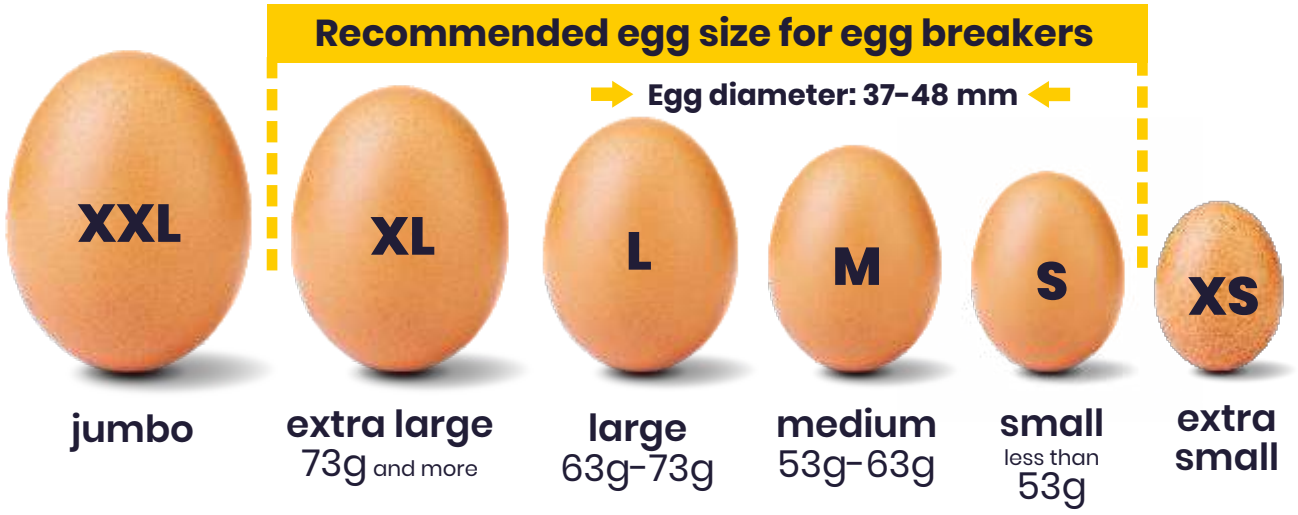
Period: up to 28 days

Temperature: 4-5 degrees Celsius

Humidity: 80%

Recommended eggs temperature: for breaking when yolks from whites separation is desired: 4-14 degrees Celsius (6 to 14 degrees Celsius for the RZ-0)

CLASSIFICATION



INCREDIBLY NUTRITIOUS

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.

A single large boiled egg contains:

- **Vitamin A**: 6% of the RDA
- **Folate**: 5% of the RDA
- **Vitamin B5**: 7% of the RDA
- **Vitamin B12**: 9% of the RDA
- **Vitamin B2:** 15% of the RDA
- **Phosphorus:** 9% of the RDA
- **Selenium:** 22% of the RDA

Eggs also contain decent amounts of vitamin D, vitamin E, vitamin K, vitamin B6, calcium and zinc
This comes with 77 calories, 6 grams of protein and 5 grams of healthy fats.
Eggs also contain various trace nutrients that are important for health.
The biological value (a measure of protein quality) is often evaluated by comparing it to eggs which are given a perfect score of 100 due to the presence of all nine essential amino acids in just the right ratios.