



WATERCREST

SENIOR LIVING

The EGG-ceptional EGG!

Ahhh . . . the versatility of the EGG! They can be prepared as a main ingredient or used in countless dishes. They can be hardboiled, scrambled, packed, fried, or baked and star in delicious omelets and frittatas.

According to the U.S. Department of Agriculture, eggs are among the most nutritious foods on earth and on average, Americans consumed 249 eggs per person in 2023! Today's large egg contains 72 calories, 4.8 grams of fat, and 6.3 grams of protein, and is a good source of vitamins A and B12, riboflavin, folacin, iron, zinc and phosphorus.

And yes, says the USDA - eggs existed before chickens (citing the book "On Food and Cooking: The Science of Lore of the Kitchen" by Harold McGee.) The earliest fully land-dwelling reptiles developed a tough, leathery-skinned egg about 250 million years ago. Eggs of birds came later, with chickens likely only a mere 4000-5000 years ago.

Did you know that the size of an egg does not refer to the dimensions or how big it looks? Size tells you the minimum required net weight per dozen eggs; the total weight of the dozen eggs puts them in the class of jumbo, extra-large, large, medium, small, or peewee.

Brown or white eggs – is there a difference? The color is determined by the breed of the hen and does not significantly affect nutrient levels. As a matter of fact, South African Araucana chickens lay eggs ranging in color from blue to green!

Hunting decorated eggs has become a popular game for children at Easter. Care should be used to assure that the hard cooked, dyed eggs are refrigerated within two hours. If used in an egg hunt, eggs should not be eaten, as bacteria from playing and hiding places can be transferred to the edible part of the egg.

A few tidbits we found from AGFoundation.org:

- Eggs have around 6 grams of high-quality protein.
- Iowa is the leading egg producer in the United States.
- It takes a chicken 24 to 26 hours to produce an egg.
- An average hen lays 300 to 325 eggs per year.
- As Hen's age, the size of the eggs increase.

So . . . will that be scrambled or over-easy?

Please consult your doctor before making any changes to your diet.

- Agfoundation.org
- USDA.gov