

How Do You Like Your Eggs?

How do you like to eat your eggs? Do you like them scrambled or fried? Cold or warm? On toast or in a tortilla? No matter how you like to eat your eggs, they are full of good nutrition, easy to prepare, inexpensive, and can be a part of a healthy diet especially for growing children. Simply put eggs are eggs; there is nothing else in them, just one ingredient...egg.

Eggs Facts from the American Egg Board

- One egg has 6 grams of high-quality protein and about 70 calories.
- Eggs have all 9 essential amino acids and 13 essential vitamins and minerals.
- Eggs are a good source of choline. Choline promotes normal cell activity; liver function and helps transport nutrients throughout the body.
- There are 7 to 17 thousand little tiny pores on one eggshell.
- Double-yolked eggs often come from hens that are young and their egg production cycles are not yet synchronized or by hens old enough to produce extra-large eggs.

Food Safety Tips:

- Wash your hands and any surfaces or utensils that come in contact with raw eggs.
- Cook eggs until the whites and yolks are firm or an internal temperature of 160°F is reached in dishes containing eggs, like egg casseroles.
- Eggs should be kept at 33-40°F and should be discarded after two hours if left at room temperature.

Sources:

1. Cooking School, American Egg Board:
<https://www.incredibleegg.org/recipes/cooking-school>
2. How to Make Hard-Boiled Eggs, The Incredible Egg:
<https://www.incredibleegg.org/recipes/cooking-school/how-to-hard-boil-eggs/>
3. Papanikolaou, Y., & Fulgoni, V. L., 3rd (2019). Egg Consumption in U.S. Children is Associated with Greater Daily Nutrient Intakes, including Protein, Lutein + Zeaxanthin, Choline, α -Linolenic Acid, and Docosahexanoic Acid. *Nutrients*, 11(5), 1137. <https://doi.org/10.3390/nu11051137>



Hard Cooking Eggs on the Stove Top

1. Place uncooked eggs in a single layer on the bottom of a saucepan.
2. Add cold water until the eggs are covered with about an inch of water.
3. Heat to boiling. Turn off the heat and cover for 12-18 minutes. Cooking times vary based on the size of the eggs - 9 minutes for medium eggs, 12 minutes for large and 15 minutes for extra-large.
4. Remove saucepan from heat and drain.
5. Submerge cooked eggs in an ice bath for five minutes to cool eggs.
6. Drain and dry eggs. Store in the refrigerator in a clean, dry container.

This article was originally written by Nancy Frecks. It has been peer reviewed and was updated in 2025. Check out the Food Fun for Young Children website at: <http://go.unl.edu/food-fun>