

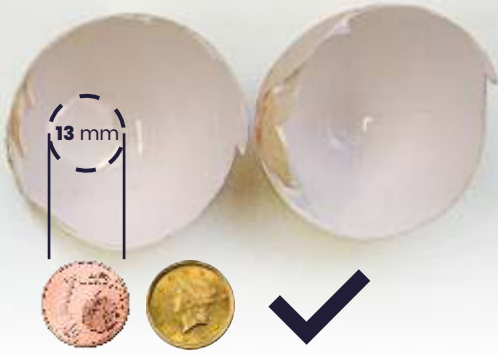


# EGG QUALITY TEST BY OVO-TECH

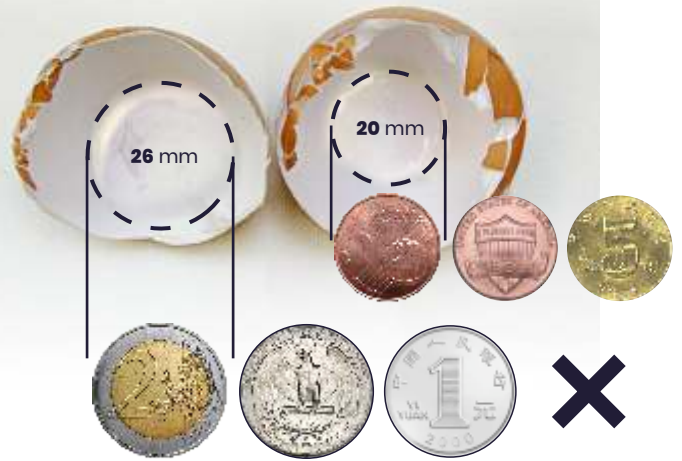
## AIR CHAMBER – INSIDE OF THE EGGSHELL

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.



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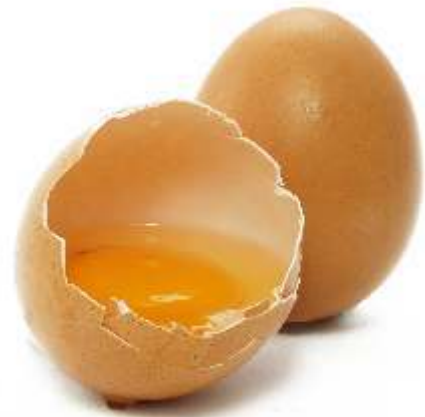
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# EGGSHELLS EVALUATION

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




## STORAGE

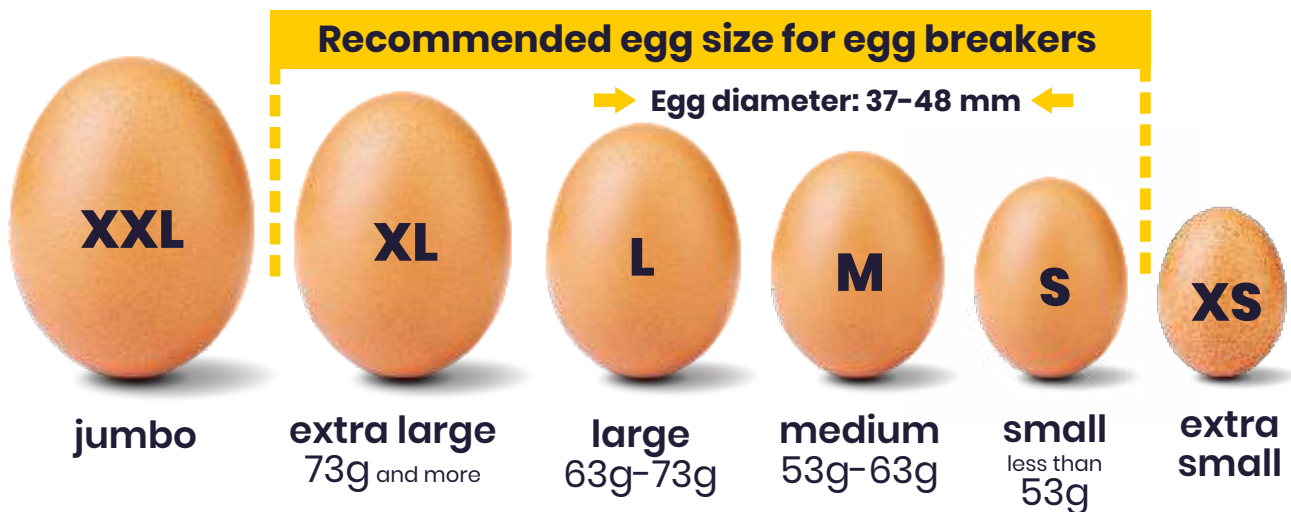
 **Period: up to 28 days**

 **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.**

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