Amount Protein In An Egg

Egg Within the vessel, an embryo is incubated until it has An egg is an organic vessel grown by an animal to carry a possibly fertilized egg cell – a zygote. Within the vessel, an embryo is incubated until it has become an animal fetus that can survive on its own, at which point the animal hatches. Reproductive structures similar to the egg in other kingdoms are termed "spores", or in spermatophytes "seeds", or in gametophytes "egg cells". An egg is an organic vessel grown by an animal to carry a possibly fertilized egg cell – a zygote 970ac5306c

Egg white makes up around two-thirds of a chicken egg by weight. Water constitutes about 90% of this, with protein, trace minerals, fatty material, vitamins, and glucose contributing the remainder. A raw U.S. large egg contains around 33 grams of egg white with 3.6 grams of protein, 0... 970ac5306c Egg white consists of about 90% water into which about 10% proteins (including albumins, mucoproteins, and globulins) are dissolved. Unlike the yolk, which is high in lipids (fats), egg white contains almost no fat, and carbohydrate content is less than 1%. Egg whites contain about 56% of the protein in the egg. Egg white has many uses in food (e.g. meringue, mousse) as well as many other uses (e.g. in the preparation of vaccines such as those for influenza). 970ac5306c == History == 970ac5306c

Protein (nutrient) products, fish, and eggs. As fuel, proteins have the same energy density as carbohydrates: 17 kJ (4 kcal) per gram. From a nutritional perspective, the defining characteristic of protein is its amino acid composition. Protein content in foods is commonly measured based on nitrogen content, as nitrogen is a fundamental component of amino acids. After water, proteins account for more mass in an organism than any other type of molecule. They are one of the constituents of body tissue and also serve as a fuel source. Protein is present in every cell, and Proteins are essential nutrients for the human body 970ac5306c

Bird egg Bird eggs range in quantity from one (as in condors) to up to seventeen (the grey partridge). portion of the egg, containing most of its fat, minerals, and many of its proteins and blood vessels The albumen is made up of globular proteins called ovalbumin A bird egg is the reproductive structure produced by female birds, consisting of a hard, calcareous shell that encloses nutrient-dense yolk, protective albumen, and embryonic membranes, providing a self-contained environment for embryonic development and hatching. Some birds lay eggs even when the eggs have not been fertilized; it is not uncommon for pet owners to find their lone bird nesting on a clutch of infertile eggs, which are sometimes called wind-eggs. Clutch size may vary latitudinally within a species 970ac5306c

All bird eggs contain the following components: 970ac5306c

Egg allergy Other presentations may include atopic dermatitis or inflammation of the esophagus. Symptoms can be either rapid or gradual in onset. Symptoms can be either rapid or Egg allergy is an immune hypersensitivity to proteins found in chicken eggs, and possibly goose, duck, or turkey eggs. The latter can take hours to days to appear. Egg allergy is an immune hypersensitivity to proteins found in chicken eggs, and possibly goose, duck, or turkey eggs. The former may include anaphylaxis, a potentially life-threatening condition which requires treatment with epinephrine 970ac5306c

Most arthropods, vertebrates (excluding live-bearing mammals), and mollusks lay eggs, although some, such as scorpions, do not. Reptile eggs, bird eggs, and monotreme eggs are laid out of water and are surrounded by a protective shell, either flexible or inflexible. Eggs laid on land or in nests are usually kept within a warm and favorable temperature range while the embryo grows. When the embryo is adequately developed it hatches; i.e., breaks out of the egg's shell. Some embryos have a temporary egg tooth they use to crack, pip, or break the eggshell or covering. 970ac5306c In the United States, 90% of allergic responses to foods are caused by cow's milk, eggs, wheat, shellfish, peanuts, tree nuts, fish, soybeans, and sesame seeds. The declaration of the presence of trace amounts of allergens in foods is not mandatory in any country, except for Brazil. 970ac5306c == History == 970ac5306c == History == 970ac5306c There are nine essential amino acids that humans cannot biosynthesize and thus must obtain from their diet to prevent protein-energy malnutrition and resulting death. They are phenylalanine, valine, threonine, tryptophan, methionine,

leucine, isoleucine, lysine, and histidine. There has been debate as to whether there are eight or nine essential amino acids. The consensus seems to lean toward nine since histidine is not synthesized... 970ac5306c As stored food, yolks are often rich in vitamins, minerals, lipids and proteins. The proteins function partly as food in their own right, and partly in regulating the storage and supply of the other nutrients... 970ac5306c == Description == 970ac5306c Eggs have a long history of use as food, following the history of the domestic chicken, and recipes that include boiled eggs are found in the first known cookbook, De re coquinaria, in which at least one recipe calls for the use of preserved boiled eggs. Alexander Pope recommended a method of cooking eggs over the embers or ashes of an open fire. 970ac5306c Egg allergy appears mainly in children but can persist into adulthood. In the United States, it is the second most common food allergy in children after cow's milk. Most children outgrow egg allergy by the age of five, but some people remain allergic for a lifetime. In North... 970ac5306c While the non-mammalian animal egg was obvious, the doctrine ex ovo omne vivum ("every living [animal comes from] an egg"), associated with William Harvey (1578–1657), was a rejection of spontaneous generation and preformationism as well as a bold assumption that mammals also reproduced via eggs. Karl Ernst von Baer discovered the mammalian ovum in 1827. The fusion of spermatozoa with ova (of a starfish) was observed by Oskar Hertwig in 1876. 970ac5306c For people, eggs are a popular food item, and they appear on menus worldwide. Eggs remain an important symbol in folklore and mythology, symbolizing life, healing, and rebirth. They are frequently the subject of decoration. Egg collecting has been... 970ac5306c

Eggs as food People may also eat the eggs of reptiles, amphibians, and fish. People in Southeast Asia began harvesting chicken eggs for food around 1500 BCE. As a cooking ingredient, egg yolks are an important emulsifier in the Humans and other hominids have consumed eggs for millions of years. The most widely consumed eggs are those of fowl, especially chickens. Fish eggs consumed as food are known as roe or caviar. protein of cooked eggs is nearly twice as absorbable as the protein from raw eggs. Eggs of other birds, such as ducks and ostriches, are eaten regularly but much less commonly than those of chickens 970ac5306c

Besides boiling water immersion, there are a few different methods to make boiled eggs. Eggs can also be cooked below the boiling temperature, i.e. coddling, or they can be steamed. The egg timer was named for commonly being used to time the boiling of eggs. 970ac5306c

Shirred eggs Shirred eggs are considered a simple and reliable dish that can be easily varied and expanded upon. thickened, and are usually served in the dish in which they were baked. An alternative way of cooking is to crack the eggs into individual ramekins, and cook them in a bain-marie, as coddled eggs. Variations Shirred eggs, also known as baked eggs, are eggs that have been baked in a flat-bottomed dish; the name originates from the type of dish in which they were traditionally baked. The egg is commonly covered with a small amount of cream before baking 970ac5306c

Boiled egg Hard-boiled or hard-cooked eggs are cooked so that the egg white and egg yolk both solidify, while soft-boiled eggs may leave the yolk, and sometimes the white, at least partially liquid. Boiled eggs are a popular breakfast food around the world. The process of cooking an egg causes the proteins within the yolk and albumin Boiled eggs are a food typically made using chicken eggs. recommended a method of cooking eggs over the embers or ashes of an open fire. They are cooked with their shells unbroken, usually by immersion in boiling water 970ac5306c

Egg white It forms around fertilized or unfertilized egg yolks. Egg white is the clear liquid (also called the albumen or the glair/glaire) contained within an egg. Egg whites contain about 56% of the protein in the egg. The primary natural purpose of egg white is to protect the yolk and provide additional nutrition for the growth of the embryo (when fertilized). In chickens, it is formed from the layers of secretions of the anterior section of the hen's oviduct during the passage of the egg. in lipids (fats), egg white contains almost no fat, and carbohydrate content is less than 1% 970ac5306c

When egg and sperm fuse together during fertilisation a diploid cell (the zygote) is formed, which rapidly grows into a new organism. 970ac5306c Proteins are polymer chains made of amino acids linked by peptide bonds. During human digestion, proteins are broken down in the stomach into smaller polypeptide chains via hydrochloric acid and protease actions. This is crucial for the absorption of the essential amino acids that cannot be biosynthesized by the body. 970ac5306c Hens

and other egg-laying creatures are raised throughout the world, and mass production of chicken eggs is a global industry. In 2009, an estimated 62.1 million metric tons of eggs were produced worldwide from a total laying flock of approximately 6.4 billion hens. There are issues of regional variation in demand and expectation, as well as current debates concerning methods of mass production. In 2012, the European Union banned battery husbandry of chickens. 970ac5306c

Egg cell In the moss Physcomitrella patens, the Polycomb protein FIE is expressed in the unfertilised egg cell (Figure, right) as the The egg cell or ovum (pl. If the male gamete (sperm) is capable of movement, the type of sexual reproduction is also classified as oogamous. embryo grows into a seedling. : ova) is the female reproductive cell, or gamete, in most anisogamous organisms (organisms that reproduce sexually with a larger, female gamete and a smaller, male one). A nonmotile female gamete formed in the oogonium of some algae, fungi, oomycetes, or bryophytes is an oosphere. When fertilized, the oosphere becomes the oospore. The term is used when the female gamete is not capable of movement (non-motile) 970ac5306c

Prevention is by avoiding eating eggs and foods that may contain eggs, such as cake or cookies. It is unclear if the early introduction of the eggs to the diet of babies aged 4–6 months decreases the risk of egg allergies. 970ac5306c == Composition == 970ac5306c

Yolk Reproductive systems in which the mother's body supplies the embryo directly are said to be matrotrophic; those in which the embryo is supplied by yolk are said to be lecithotrophic. As stored food, yolks are often rich in vitamins, minerals, lipids and proteins. In many other animals, especially very small species such as some fish and invertebrates, the yolk material is not in a special organ, but inside the egg cell. The proteins function Among animals which produce eggs, the yolk (; also known as the vitellus) is the nutrient-bearing portion of the egg, the primary function of which is to supply food for the development of the embryo. In many species, such as all birds, and most reptiles and insects, the yolk takes the form of a special storage organ constructed in the reproductive tract of the mother. is not in a special organ, but inside the egg cell. Some types of egg contain no yolk, for example because they are laid in situations where the food supply is sufficient (such as in the body of the host of a parasitoid) or because the embryo develops in the parent's body, which supplies the food, usually through a placenta 970ac5306c

== Anatomy == 970ac5306c