



20+ FUNCTIONAL BENEFITS OF EGGS



REAL Egg ingredients supply foods with more than 20 functional properties, including aeration, binding, coagulation, emulsification, foaming and whipping, to name just a few. Not only do they have all this functionality, egg ingredients perform these functions under rigorous processing conditions, demonstrating their reliability during decades of modern food manufacturing. See 20+ benefits at IncredibleEgg.org/Functionality

Adhesion



The proteins in egg products, specifically in the egg white, assist with adhesion and ingredient binding.

IncredibleEgg.org/Adhesion

Aeration/Foaming/Structure



Aeration helps provide proper product structure. Egg whites in particular, aerate batters by creating a foam up to six or eight times greater than the original liquid.

IncredibleEgg.org/Aeration

Antimicrobial



An antimicrobial either kills or stops the growth of microorganisms, and eggs can contribute to this process.

IncredibleEgg.org/Antimicrobial

Binding



The binding property of eggs is related to the properties of coagulation and gelation. In essence, binding holds other ingredients together.

IncredibleEgg.org/Binding

Browning/Color



Product color can contribute to its sales success. Eggs can contribute to the color of baked goods through browning or through the xanthophyll contained in the yolk. IncredibleEgg.org/Browning



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20+ FUNCTIONAL BENEFITS OF EGGS (CONTINUED...)



Clarification



Eggs, especially egg whites, can clarify or make various fluid products clear, such as consommé, broth and wine. [IncredibleEgg.org/Clarification](#)

Coagulation/Thickening



The coagulative property of egg enables them to bind foods together, thicken various applications or benefit the crumb and structure of baked goods. [IncredibleEgg.org/Coagulation](#)

Coating/Drying/ Finishing/Gloss/Insulation



Formulators can use egg products for coatings, finishing or gloss, particularly in baked goods, to aid with appearance and finished product color. [IncredibleEgg.org/Coating](#)

Crystallization Control/ Freezability



Eggs help control crystallization, including sugar and ice crystals, in confections, prepared foods and frozen desserts, such as ice cream. [IncredibleEgg.org/Crystallization](#)

Edible Packaging



Egg whites can be used to prepare edible packaging films, mainly due to their protein content. [IncredibleEgg.org/Edible-Packaging](#)

Emulsification



The egg, acting as an emulsifier, helps stabilize the mixture of two immiscible liquids in various applications, such as baking, salad dressings, condiments and ice cream. [IncredibleEgg.org/Emulsification](#)

Flavor



Eggs themselves possess a mild, bland flavor, however egg yolks contain fats that can carry and assist with the flavor release of other ingredients in a formulation. [IncredibleEgg.org/Flavor](#)

Fortification/ Protein Enrichment



One large egg contains varying amounts of 13 essential vitamins and minerals in addition to six grams of high-quality protein and all nine essential amino acids. [IncredibleEgg.org/Fortification](#)

Humectancy/Moisturizing



Eggs aid with product humectancy, or the delicate balance between moist eating quality and water activity control. This is particularly important in baked goods. [IncredibleEgg.org/Humectancy](#)

Leavening



Leavening impacts product volume, shape and texture. Eggs aid with proper leavening in baking applications. [IncredibleEgg.org/Leavening](#)

pH Stability



The pH of egg products is generally stable, an asset in food formulating. [IncredibleEgg.org/pH-Stability](#)

Richness



Richness involves a complex blend of taste, mouthfeel and aroma. It's a property supplied by egg products, particularly the yolk, to multiple application formats. [IncredibleEgg.org/Richness](#)

Shelf Life Extension



Basic components of both the egg yolk and egg white aid in maintaining shelf life, particularly in baked goods. [IncredibleEgg.org/Shelf-Life-Extension](#)

Tenderization/Texture



Product texture contributes to the sensory eating experience. Eggs contribute to texture in a variety of ways, for example, helping create a tender crumb in baked goods. [IncredibleEgg.org/Tenderization](#)

Whipping



Egg products' whippability plays a role in baking and frozen desserts, such as ice cream, in addition to certain confections. [IncredibleEgg.org/Whipping](#)



To locate a supplier of egg products, visit

[IncredibleEgg.org/BuyersGuide](#)