



USES FOR HIGH-QUALITY U.S. EGGS & EGG PRODUCTS

High-quality U.S. eggs perform more than 20 different functions in food formulations. They help breads rise, liquids mix, crumbs bind, sauces thicken and batters fluff.



AERATION / FOAMING / STRUCTURE



Product texture is enhanced through aeration. Egg whites help create foam up to six or eight times their original volume, making batters, meringues, mousses and soufflés lighter and fluffier.

AEB.org/Aeration



BINDING



Eggs can help hold ingredients together and even form a gel. This is especially helpful in meat products or snack foods to prevent crumbing or losing shape.

AEB.org/Binding



COAGULATION / THICKENING



Because eggs can form a gel, they bind foods together and thicken applications, such as custards, frostings, omelets and puddings. This is also useful in cake and cookie applications.

AEB.org/Coagulation



EMULSIFICATION



Eggs help stabilize liquid ingredients that typically don't mix well, such as oil and water. Eggs play this important role in creating salad dressings, condiments and ice cream.

AEB.org/Emulsification



LEAVENING



When air is beaten into them, eggs have a great ability to raise or puff up foods and baking applications, such as breads and pastries. This impacts product volume, shape and texture.

AEB.org/Leavening



incredible!



American Egg Board
AEB.org



USES FOR HIGH-QUALITY U.S. EGGS & EGG PRODUCTS (continued)

EVEN MORE REASONS TO USE HIGH-QUALITY U.S. EGGS

ADHESION

Egg whites assist with ingredient cohesion and binding.

AEB.org/Adhesion



ANTIMICROBIAL

Eggs contribute to the process of killing or stopping the growth of microorganisms.

AEB.org/Antimicrobial



BROWNING / COLOR

Eggs help to develop golden color on baked goods.

AEB.org/Browning



CLARIFICATION

Egg whites can make liquid products, such as broth, clear.

AEB.org/Clarification



COATING / DRYING / FINISHING / GLOSS / INSULATION

Eggs can perform all these functions, especially in baked goods.

AEB.org/Coating



CRYSTALLIZATION CONTROL / FREEZABILITY

Eggs help control ice crystal formation in frozen desserts.

AEB.org/Crystallization



EDIBLE PACKAGING

Egg whites can be used in making edible film for food containers.

AEB.org/EdiblePackaging



FLAVOR

Eggs can add richness to taste profiles and enhance other flavors.

AEB.org/Flavor



FORTIFICATION / PROTEIN ENRICHMENT

One large egg contains 13 essential vitamins and minerals, six grams of high-quality protein and all nine essential amino acids.

AEB.org/Fortification



HUMECTANCY / MOISTURIZING

Eggs help keep foods moist longer.

AEB.org/Humectancy



PH STABILITY

The pH of egg products generally remains constant.

AEB.org/pH



RICHNESS

Eggs provide a rich taste, mouthfeel and aroma in foods.

AEB.org/Richness



SHELF LIFE EXTENSION

Eggs help to maintain food product quality.

AEB.org/ShelfLife



TENDERIZATION / TEXTURE

Eggs help create a great mouthfeel in foods, such as a light, fluffy crumb in a baked good.

AEB.org/Tenderization



WHIPPING

Eggs can be easily aerated to improve texture and appearance.

AEB.org/Whipping



SEE 20+ BENEFITS AT

AEB.org/Functionality



To locate a supplier of high-quality U.S. egg products, visit AEB.org/BuyersGuide

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