

The Incredible Egg - Part II!

There may still be debate on if the chicken or the egg came first...but one thing is sure, eggs are a great source of nutrition!

Nutrition

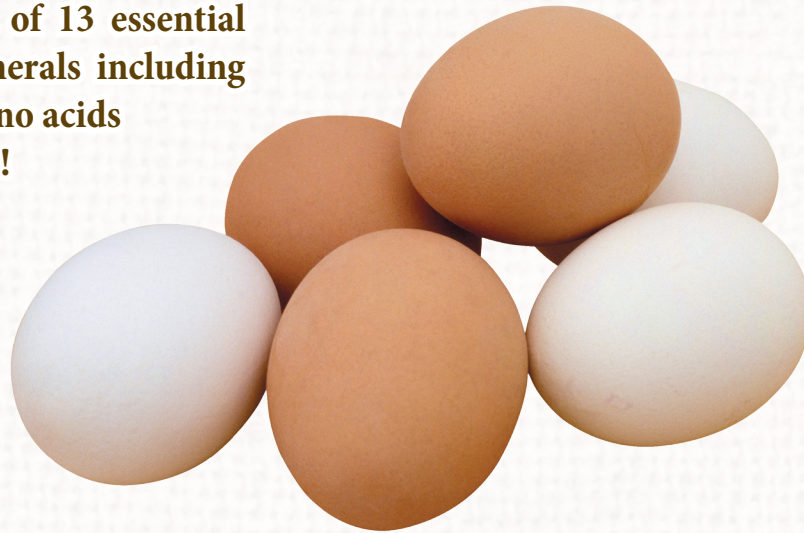
One egg contains

- 70 calories
- 6 grams of protein
- Varying amounts of 13 essential vitamins and minerals including all 9 essential amino acids

And its high in choline!

Production

- Older hens produce larger eggs
- Most double yolk eggs come from younger hens
- Yolk color is determined by plant pigments in the chickens' feed
- Egg shell color is determined by the breed chicken that laid it and has no impact on the nutrient content of the egg



History and Trivia

- Chickens were one of the first domesticated animals; records show that hens were laying for man in 1400 B.C.!
- There are nearly 200 breeds of chickens in the world
- Hens lay between 250 and 300 eggs a year
- There are approximately 300 million laying hens in the U.S.
- Hens that lay brown eggs are slightly larger than those that lay white eggs and cost more to feed, which is why brown eggs cost more!