

# Egg Protein

A large egg provides 6 grams of protein

Protein content of egg white=3.6g, protein content of egg yolk=2.7g

Because of their high protein content, eggs are included in the meat, fish, poultry, nuts and beans group of the US Food Guidance Systems.

Eggs have the highest quality protein in the food supply with the amino acid pattern almost matching the human requirement for essential amino acids (FAO protein value=100)

Digestibility of egg protein is 97%. This means that 97% of the egg protein is absorbed as amino acids, which are available for new protein synthesis and replacement of lost protein.

Cooked egg protein is more digestible than raw egg protein (cooked egg protein digestibility=90.9%+/-0.8, raw egg protein digestibility=51.3+/-9.8)

The biological value of egg protein is 94%. Biological value is a measure of the rate at which the protein in food supports growth. Eggs and milk have the highest biological value and provide more amino acids for growth and tissue maintenance than even meat, including beef, chicken, pork and fish.