



AMINO ACIDS

FACT: Whole eggs and egg whites in particular, are frequently used in product formulations to help create smooth and creamy finished products. In addition to their own ability to aid browning, alkaline eggs can improve browning of acidic products - which ordinarily will not brown - by reducing their acidity.

AMINO ACIDS (per 100g)	LIQUID* / FROZEN						DRIED		
	WHOLE EGGS	YOLK	SUGARED YOLK	SALTED YOLK	SALTED WHOLE EGGS	WHITE	WHOLE EGGS	YOLK	STABILIZED WHITE
ALANINE - g	0.72	0.811	0.703	0.71	0.607	0.658	2.706	1.751	5.313
ARGININE - g	0.812	1.091	0.917	0.947	0.7	0.625	3.071	2.336	4.812
ASPARTIC ACID - g	1.302	1.503	1.337	1.333	1.113	1.159	5.02	3.31	7.291
CYSTINE - g	0.288	0.274	0.227	0.24	0.24	0.288	1.07	0.588	2.044
GLUTAMIC ACID - g	1.649	1.942	1.69	1.697	1.417	1.48	6.388	4.263	11.496
GLYCINE - g	0.432	0.476	0.417	0.42	0.363	0.391	1.623	1.043	3.085
HISTIDINE - g	0.322	0.399	0.353	0.353	0.273	0.263	1.202	0.861	1.872
ISOLEUCINE - g	0.661	0.78	0.697	0.697	0.56	0.559	2.434	1.701	5.023
LEUCINE - g	1.11	1.351	1.18	1.187	0.94	0.936	4.15	2.908	7.172
LYSINE - g	0.929	1.182	1.033	1.033	0.793	0.76	3.339	2.469	5.076
METHIONINE - g	0.4	0.375	0.36	0.32	0.303	0.396	1.495	0.858	3.204
PHENYLALANINE - g	0.675	0.689	0.607	0.61	0.577	0.658	2.53	1.472	5.181
PROLINE - g	0.497	0.615	0.547	0.55	0.42	0.409	1.832	1.326	3.098
SERINE - g	0.983	1.301	1.137	1.133	0.85	0.797	3.773	2.814	6.078
THREONINE - g	0.555	0.706	0.627	0.62	0.483	0.453	2.129	1.545	3.665
TRYPTOPHAN - g	0.192	0.223	0.19	0.19	0.226	0.176	0.775	0.39	1.266
TRYOSINE - g	0.535	0.682	0.507	0.597	0.463	0.446	1.981	1.422	3.309
VALINE - g	0.816	0.908	0.79	0.793	0.673	0.73	2.991	1.934	6.17

All nutrient data represented on this page courtesy of US Department of Agriculture, FoodData Central, 2019 (Formerly National Nutrient Database for Standard Reference (SR)).

*Nutrient values for liquid eggs may include a small variation from frozen eggs.