



# 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](http://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](http://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](http://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](http://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](http://AEB.org/Leavening)



**incredible!**


















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

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

<p><b>ADHESION</b> Egg whites assist with ingredient cohesion and binding. <a href="http://AEB.org/Adhesion">AEB.org/Adhesion</a></p> 	<p><b>ANTIMICROBIAL</b> Eggs contribute to the process of killing or stopping the growth of microorganisms. <a href="http://AEB.org/Antimicrobial">AEB.org/Antimicrobial</a></p> 	<p><b>BROWNING / COLOR</b> Eggs help to develop golden color on baked goods. <a href="http://AEB.org/Browning">AEB.org/Browning</a></p> 	<p><b>CLARIFICATION</b> Egg whites can make liquid products, such as broth, clear. <a href="http://AEB.org/Clarification">AEB.org/Clarification</a></p> 
<p><b>COATING / DRYING / FINISHING / GLOSS / INSULATION</b> Eggs can perform all these functions, especially in baked goods. <a href="http://AEB.org/Coating">AEB.org/Coating</a></p> 	<p><b>CRYSTALLIZATION CONTROL / FREEZABILITY</b> Eggs help control ice crystal formation in frozen desserts. <a href="http://AEB.org/Crystallization">AEB.org/Crystallization</a></p> 	<p><b>EDIBLE PACKAGING</b> Egg whites can be used in making edible film for food containers. <a href="http://AEB.org/EdiblePackaging">AEB.org/EdiblePackaging</a></p> 	<p><b>FLAVOR</b> Eggs can add richness to taste profiles and enhance other flavors. <a href="http://AEB.org/Flavor">AEB.org/Flavor</a></p> 
<p><b>FORTIFICATION / PROTEIN ENRICHMENT</b> One large egg contains 13 essential vitamins and minerals, six grams of high-quality protein and all nine essential amino acids. <a href="http://AEB.org/Fortification">AEB.org/Fortification</a></p> 	<p><b>HUMECTANCY / MOISTURIZING</b> Eggs help keep foods moist longer. <a href="http://AEB.org/Humectancy">AEB.org/Humectancy</a></p> 	<p><b>PH STABILITY</b> The pH of egg products generally remains constant. <a href="http://AEB.org/pH">AEB.org/pH</a></p> 	<p><b>RICHNESS</b> Eggs provide a rich taste, mouthfeel and aroma in foods. <a href="http://AEB.org/Richness">AEB.org/Richness</a></p> 
<p><b>SHELF LIFE EXTENSION</b> Eggs help to maintain food product quality. <a href="http://AEB.org/ShelfLife">AEB.org/ShelfLife</a></p> 	<p><b>TENDERIZATION / TEXTURE</b> Eggs help create a great mouthfeel in foods, such as a light, fluffy crumb in a baked good. <a href="http://AEB.org/Tenderization">AEB.org/Tenderization</a></p> 	<p><b>WHIPPING</b> Eggs can be easily aerated to improve texture and appearance. <a href="http://AEB.org/Whipping">AEB.org/Whipping</a></p> 	<p><b>SEE 20+ BENEFITS AT</b> <a href="http://AEB.org/Functionality">AEB.org/Functionality</a></p>



To locate a supplier of high-quality U.S. egg products, visit [AEB.org/BuyersGuide](http://AEB.org/BuyersGuide)

