

Eggs 101

Everything you ever wanted
to know about eggs
and more!



get
cracking®

You've likely heard that eggs are good for you, but what makes them the perfect addition to your meals?

Eggs are delicious and one of the most versatile foods, making them an egg-cellent addition to your repertoire and they're also an excellent source of protein, choline and Vitamin B12, among other micronutrients.

In these pages, you will find step-by-step instructions on how to prepare eggs, easy-to-follow recipes, and learn more about how eggs fit into a healthy diet.



Subscribe to the **eggs.ca** monthly newsletter for egg-cellent recipes, meal inspiration and cooking tips!



Contents

| | |
|-------------------------------------------------|-----------|
| Egg nutrition..... | 4 |
| Nutrition facts..... | 4 |
| Key nutrition highlights of eggs..... | 4 |
| How eggs fit into a healthy diet..... | 5 |
| Eggs align with Canada's Food Guide..... | 5 |
| You can enjoy eggs in a plant-forward diet..... | 6 |
| Eggs fuel your fitness..... | 6 |
| Buying eggs at the grocery store..... | 7 |
| Shopping tips..... | 7 |
| Storing eggs..... | 8 |
| Cracking eggs 101..... | 8 |
| Mastering the basics..... | 9 |
| Hard boiled eggs..... | 10 |
| Soft boiled eggs..... | 12 |
| Fried eggs..... | 14 |
| Scrambled eggs..... | 16 |
| Omelettes..... | 18 |
| Poached eggs..... | 20 |
| Recipes..... | 22 |
| How long will my eggs stay fresh?..... | 23 |



Egg nutrition

Nutrition facts

Eggs are a quick, easy and delicious way to help meet our protein needs: 2 large eggs contain 13 g of protein. Protein is important for building and maintaining muscle. Eggs are packed with a ton of nutrients that provide important health benefits. Most of the nutrients in eggs are found in the yolk, so be sure to eat the whole egg!

Key nutrition highlights of eggs



Protein

Helps build strong muscles and build antibodies; the protein in eggs is easily absorbed by the body



Lutein & Zeaxanthin

Maintains good vision; may help reduce the risk of age-related eye diseases, such as cataracts and macular degeneration



Vitamin B12

Helps to keep the body's nerve and blood cells healthy, protects against a type of anemia



Folate

Helps produce and maintain new cells; helps prevent a type of anemia



Choline

Plays a strong role in brain development and function



Vitamin E

An antioxidant that plays a role in maintaining good health and preventing disease



Vitamin A

Helps maintain healthy skin and eye tissue; assists in night vision



Selenium

Acts as an antioxidant to protect against infection and cell damage



Vitamin D

Strengthens bones and teeth



Iron

Carries oxygen to the cells, helps prevent anemia

Nutrition Facts

Valeur nutritive

Per 2 large eggs (105 g)
Pour 2 gros œufs (105 g)

Calories 160

% Daily Value*
% valeur quotidienne*

| | |
|---------------------------|-----|
| Fat / Lipides 11 g | 15% |
| Saturated / saturés 3.5 g | 18% |
| + Trans / trans 0 g | |

Carbohydrate / Glucides 1 g

| | |
|---------------------|----|
| Fibre / Fibres 0 g | 0% |
| Sugars / Sucres 0 g | 0% |

Protein / Protéines 13 g

Cholesterol / Cholestérol 400 mg

Sodium 130 mg 6%

Potassium 125 mg 4%

Calcium 50 mg 4%

Iron / Fer 1.75 mg 10%

* 5% or less is a little, 15% or more is a lot

* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

How eggs fit into a healthy diet

Eggs align with Canada's Food Guide

Plan your plate

Have plenty of vegetables and fruit

Fill half your plate (or bowl!) with vegetables and fruit



Choose fewer processed foods

that are high in sodium, sugar and saturated fat

Make water your drink of choice

Eat protein foods

Fill one quarter with a variety of protein foods like eggs, beans, lentils, soy, dairy foods, fish, chicken or lean meat

Choose whole grain foods

such as brown rice, whole grain wheat, quinoa or oats for one quarter of your plate

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What's one smart food choice that Canada's Food Guide recommends? Eggs! Whether they are hard boiled and eaten as a snack, or they fill the protein portion of your plate, eggs are nutritious and delicious.

Your meal prep guide to
Canada's Food Guide





You can enjoy eggs in a plant-forward diet

A plant-forward diet emphasizes mostly plant foods like vegetables, fruit, grains, legumes, nuts and seeds, but also includes animal-based foods like eggs.

Eggs can complement a plant-forward diet. Studies show that our bodies better absorb nutrients from veggies when eaten with eggs thanks to the healthy fats they contain.



Eggs fuel your fitness

To maximize your recovery after a workout, experts recommend eating high-quality proteins (like eggs) plus easily-digested carbohydrates.

TIP

Include 15–25 grams of high-quality protein in post-workout meals (2 large eggs = 13 g of protein)



Did you know?

The yolk contains nearly as much protein as the whites, so eat the whole egg!



Want post-workout recipes?

Buying eggs at the grocery store

Shopping tips

Ever wonder what these symbols mean?

Egg Quality Assurance™ (EQA®) certification mark

Some egg cartons may feature the EQA® certification mark, an industry-wide initiative that certifies Canadian eggs are produced according to strict on-farm food safety and animal welfare standards. While some egg cartons feature the EQA® certification mark, know that this quality standard applies to all eggs produced on regulated Canadian farms.



Grade A

All eggs sold at Canadian grocery stores are considered Grade A, which means the shell has no cracks, the yolk is centered, and the air cell is very small and meets the quality standards to be sold.



NOTE: The easiest way to tell if your eggs are fresh is by the Best Before Date on your egg carton, so it's best to always keep your eggs stored in their original carton.



Storing eggs

In the fridge

- ✓ Keep eggs in their carton for optimal freshness and check the Best Before Date
- ✓ Store eggs in the main body of the fridge, not the door
- ✓ Put leftover, raw egg whites and yolks in airtight containers and refrigerate immediately

See page 23 for recommended storing times for eggs



Did you know?

Eggs are packaged with the large end up in the carton to help the yolk stay centered.



More on egg storage, freshness and food safety

Cracking eggs 101

1. Using a clean, flat surface, such as your kitchen counter, grasp the egg in your hand and in one swift decisive motion tap the egg once against it.
2. Use your thumbs to separate the egg shell where it's cracked and tip the egg into a bowl or ramekin. It's always best to crack your eggs into a separate bowl or ramekin before adding it to your main ingredients or pan to ensure no bits of shell remain.

What if the shell falls in?

Take the broken half of the leftover egg shell and use it to scoop out the bit of shell in your egg. The jagged part of the egg shell acts as a sort of knife, breaking through the raw egg to get at the shell easily and without mess.



Mastering the basics

Let's take it back to the basics. Here's everything you need to become a certified eggs-pert in making eggs in 6 different ways.



Hard boiled eggs



Soft boiled eggs



Fried eggs



Scrambled eggs



Omelettes



Poached eggs



Hard boiled eggs

This method for hard boiling eggs is simple and produces a tender and delicious egg every time! Cooking times vary depending on the type of cooktop (electric, gas, and induction) and size of egg, among other factors. Play around with the timing based on your hard boiled egg preferences.

Ingredients

Water
2 eggs



Instructions

1. Place cold eggs in a single layer in a saucepan. Cover with at least 1 inch (2.5 cm) cold water over top of the eggs.
2. Cover saucepan and bring quickly to a boil over a high heat. Immediately remove pan from heat to stop boiling. Let eggs stand in water for 12 minutes (large eggs).
3. Drain water and immediately run cold water over eggs until cooled.



Serving suggestions

Eat alone or add to salads, sandwiches, and burgers.

Use as a garnish to top soups, stews, or curries.



Storing

Keep hard boiled eggs in their shell in an air-tight container for up to 1 week in the fridge.



TIPS

- For easiest peeling, use eggs that are closer to their best before date. The less fresh the egg, the easier it is to peel.
- Cool eggs quickly once cooked by placing them in cold water. Rapid cooling helps prevent a green ring from forming around the yolks.



Did you know?

Eggs travel from the farm to the store in less than a week.



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with this video



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Soft boiled eggs

Soft boiled eggs are a versatile addition to many dishes. This method helps you achieve the ideal consistency, whether you prefer runny or jammy. Simmering rather than boiling prevents cracking and overcooking, maintaining the egg's texture.

Ingredients

Water
2 eggs
Salt and pepper,
to taste (optional)



Instructions

1. Bring about 4 inches (10 cm) of water to a boil in a saucepan over high heat; reduce heat to simmer. Using a slotted spoon, gently lower eggs into water; bring water back to simmer.
2. Cover saucepan with a lid, and simmer eggs gently for 6 to 7 minutes (large eggs).
3. Drain water from the saucepan or remove eggs from water with a spoon. Rinse eggs under cold water or briefly transfer to a bowl filled with cold water and ice cubes until eggs are just cool to the touch.
4. Peel eggs and enjoy.



Variations

For these serving suggestions, eggs should be cooked for at least 4 minutes, cooled slightly, then peeled.

- Cut soft boiled eggs in half to add on top of your favourite ramen.
- Spread split and toasted bagel with cream cheese and top with slices of soft boiled eggs.
- Top toasted waffle with fork-mashed soft boiled eggs and drizzle with maple syrup.



Storing

Keep soft boiled eggs in their shell in an air-tight container for up to 2 days in the fridge.



TIPS

- If cooking more than two eggs, the eggs should fit in the saucepan in a single layer.
- Eggs cooked in the shell are often referred to as “boiled”, but they should not be boiled. Cooking technique and accurate timing are the secrets to perfect soft boiled eggs. Boiling the eggs might cause the shell to crack, or overcook the egg, making it tough, rubbery and dry.



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Fried eggs

Whether you're a fan of sunny-side up with lacy edges or over-easy with a runny yolk, fried eggs are a breakfast staple that anyone can master. Using a good nonstick skillet makes all the difference, allowing them to slide out effortlessly.

Ingredients

- 1 tbsp (15 mL) butter or oil
- 2 eggs
- Salt and pepper (optional)



Instructions

1. Melt butter in small nonstick frying pan over medium heat.
2. Break eggs into frying pan. Cook until done as desired.
 - a. For sunny side up, cook just until whites are set.
 - b. For over-easy, cook until whites are set. Turn over and cook just long enough for a white film to form over yolks, about 30 seconds.
 - c. For over well, cook until whites are set. Turn eggs over and cook until eggs are completely set, about 1 minute.
 - d. For well done or steam-fried eggs, prepare sunny-side up eggs. Cover skillet during last minute of cooking, or spoon 1 tsp (5 mL) water over each egg and cover pan. Cook until done as desired.
3. Transfer eggs to plate, yolk up. Season with salt and pepper.



TIPS

You can spray the pan with cooking spray instead of using butter, if desired.



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Scrambled eggs

Scrambled eggs are a breakfast staple that anyone can master with a few simple techniques. This recipe keeps things basic with just eggs, butter, salt and pepper. The key is to cook the eggs slowly over medium-low heat, gently moving them as they set to form large, soft curds. For extra creaminess, try whisking in a splash of milk before cooking.

Ingredients

- 2 eggs
- Pinch each salt and pepper
- 1 tbsp (15 mL) butter



Instructions

1. Whisk eggs, salt and pepper in small bowl. Melt butter in nonstick skillet over medium heat.
2. Pour in egg mixture and reduce heat to medium-low. As eggs begin to set, gently move spatula across bottom and side of skillet to form large, soft curds.
3. Cook until eggs are thickened and no visible liquid egg remains, but the eggs are not dry.



Variations

- Sprinkle eggs with shredded cheese before serving, such as cheddar, Monterey Jack or mozzarella.
- Fill a tortilla, toasted bagel or English muffin for a quick and portable breakfast.



TIPS

Whisk in 2 tbsp (30 mL) milk for creamier eggs.



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Have questions?
Check out
these FAQs



Omelettes

Omelettes are infinitely customizable! This recipe is perfect for busy weekdays, and we offer a few variations that can be delicious when you have some more time to play around in the kitchen.

Ingredients

- 2 eggs
- 1 tbsp (15 mL) water
- Pinch salt
- Pinch pepper
- 1 tbsp (15 mL) butter or oil
- Filling ingredients



Instructions

1. Whisk eggs, water, salt and pepper.
2. Melt butter in an 8-inch (20 cm) nonstick frying pan over medium heat. Pour in egg mixture. As eggs set around edge of pan, with spatula, gently push cooked portions toward centre of skillet. Tilt and rotate skillet to allow uncooked egg to flow into empty spaces.
3. When eggs are almost set on surface but still look moist, cover half of omelette with filling. Slip spatula under unfilled side; fold over onto filled half.
4. Cook for a minute, then slide omelette onto plate.



Variations

- **Western omelette:** Spray skillet with cooking spray or heat 1 tsp (5 mL) vegetable oil in skillet. Add $\frac{1}{4}$ cup (60 mL) finely chopped ham, 2 tbsp (30 mL) chopped sweet green pepper and 1 tbsp (15 mL) finely chopped onion; cook, stirring frequently, until vegetables are tender. Pour in egg mixture and cook as directed above.
- **Mushroom and spinach omelette:** Filling ingredients: 3 tbsp (45 mL) each sauteed mushrooms, wilted spinach (or thawed and well-drained frozen spinach), sliced green onions, and shredded old Cheddar cheese



Storing

Keep leftover cooked omelette in fridge and consume with 3-4 days.



TIPS

The omelette recipe can be multiplied for as many servings as you need. Use $\frac{1}{2}$ cup (125 mL) of egg mixture for each 2-egg omelette and $\frac{3}{4}$ cup (175 mL) for a 3-egg omelette.



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Poached eggs

Mastering the perfect poached egg at home is easier than you think. A simple and delicious addition to any meal, breakfast, lunch or dinner!

Ingredients

Water
2 eggs
2 tsp (10 mL)
white vinegar



Instructions

1. Fill saucepan with about 3 inches (8 cm) of water. Heat until water simmers gently. Add vinegar.
2. Break cold egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water. Repeat for remaining egg. Cook in barely simmering water until white is set and yolk is cooked as desired, 3 to 5 minutes.
3. Remove eggs with slotted spoon and drain well by holding spoon base over a dish towel to absorb any extra moisture.
 - a. For a 3-minute egg, the whites will be softly set and the yolk will be very runny, throughout.
 - b. For a 4-minute egg, the yolk will be softly set around the edge and thickened to a gel in the centre.
 - c. For a 5-minute egg, the yolk will be firm, throughout.



Storing

- Keep leftover poached eggs in an airtight container in the fridge for up to 2 days.
- To reheat, gently place the eggs in the microwave for about 20 to 30 seconds on medium power, being careful not to overcook them.



TIPS

The poaching water should just barely simmer; rapid boiling will cause the eggs to break up as they cook.



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Recipes

Now that you have mastered the basics, it's time to try your hand at some recipes. These recipes are quick, convenient, and, most importantly, delicious! You can find hundreds more at eggs.ca/recipes.



High protein
egg bites



The perfect
breakfast sandwich



One bowl banana and
chocolate chip muffins



How long will my eggs stay fresh?

Consume eggs by these recommended times:

Fresh shell eggs

By best before date

Leftover yolks or whites

Within 2 to 4 days

Hard boiled eggs

Within 1 week

Prepared egg dishes

Within 3 to 4 days



Eggs 101

eggs.ca/recipes



get
cracking®

