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](https://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](https://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](https://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](https://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](https://AEB.org/Leavening)
USES FOR HIGH-QUALITY U.S. EGGS & EGG PRODUCTS

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

- **ADHESION**
  Egg whites assist with ingredient cohesion and binding.
  AEB.org/Adhesion

- **ANTIMICROBIAL**
  Eggs contribute to the process of killing or stopping the growth of microorganisms.
  AEB.org/Antimicrobial

- **BROWNING / COLOR**
  Eggs help to develop golden color on baked goods.
  AEB.org/Browning

- **CLARIFICATION**
  Egg whites can make liquid products, such as broth, clear.
  AEB.org/Clarification

- **COATING / DRYING / FINISHING / GLOSS / INSULATION**
  Eggs can perform all these functions, especially in baked goods.
  AEB.org/Coating

- **CRYSTALLIZATION CONTROL / FREEZABILITY**
  Eggs help control ice crystal formation in frozen desserts.
  AEB.org/Crystallization

- **EDIBLE PACKAGING**
  Egg whites can be used in making edible film for food containers.
  AEB.org/EdiblePackaging

- **FLAVOR**
  Eggs can add richness to taste profiles and enhance other flavors.
  AEB.org/Flavor

- **FORTIFICATION / PROTEIN ENRICHMENT**
  One large egg contains 13 essential vitamins and minerals, six grams of high-quality protein and all nine essential amino acids.
  AEB.org/Fortification

- **HUMECTANCY / MOISTURIZING**
  Eggs help keep foods moist longer.
  AEB.org/Humectancy

- **PH STABILITY**
  The pH of egg products generally remains constant.
  AEB.org/pH

- **RICHNESS**
  Eggs provide a rich taste, mouthfeel and aroma in foods.
  AEB.org/Richness

- **SHELF LIFE EXTENSION**
  Eggs help to maintain food product quality.
  AEB.org/ShelfLife

- **TENDERIZATION / TEXTURE**
  Eggs help create a great mouthfeel in foods, such as a light, fluffy crumb in a baked good.
  AEB.org/Tenderization

- **WHIPPING**
  Eggs can be easily aerated to improve texture and appearance.
  AEB.org/Whipping

SEE 20+ BENEFITS AT
AEB.org/Functionality

To locate a supplier of high-quality U.S. egg products, visit AEB.org/BuyersGuide