Egg white, also referred to as egg albumen, contains 56% of the whole egg’s total protein along with the majority of the egg’s niacin, riboflavin, chlorine, magnesium, potassium, sodium and sulfur.

Alone, egg whites are about 88% water, 10% protein and almost completely free of fat and cholesterol, making them very attractive ingredients in today’s food formulating industry. In fact, egg whites are a high-quality, nutrient dense food ingredient, as the protein in egg white has a very high biological value. It also been shown to provide satiety and thus assist in weight loss diets.

The proteins in egg whites are very functional, and assist food product developers with overcoming certain formulating challenges. An increasingly popular challenge in today’s food industry is to satisfy the restrictions set for by natural foods stores on what a product may or may not contain. Egg whites have always been a good choice, as they are all-natural and a nutrition powerhouse.

Egg whites help formulators with producing high-volume foams and with leavening. When combined with other ingredients such as water or milk, they can be used to glaze pocket-style sandwiches, rolls and breads, preventing the crusts from drying. Egg whites also act as an adhesive in both breading and coating processes, as well as with topical application of nuts and seeds.

For ease of convenience, egg product manufacturers separate egg whites from egg yolks, and sell them as individual ingredients. Liquid egg whites are available refrigerated, ready-to-use, or frozen. The advantage to frozen egg whites is a lengthier shelf life. Food manufacturers can thaw and use on an as needed basis.

Regardless if liquid whites are sold refrigerated or frozen, they are always pasteurized for safety. They can also be formulated to include other ingredients such as salt or sugar for added shelf life and enhanced functionality. At the industrial level, liquid white—refrigerated or thawed frozen—can be added with other wet ingredients. Liquid white readily integrates into manufacturing systems, including pumping and extrusion.

To locate a supplier of Refrigerated Liquid/Frozen Egg White, visit http://www.aeb.org/food-manufacturers/buyers-guide