

Egg: Nature's Perfect Package by Robin Page: A Comprehensive Review

In his groundbreaking book, 'Egg: Nature's Perfect Package,' renowned food writer Robin Page delves into the captivating world of eggs, exploring their nutritional value, culinary versatility, and cultural significance. This comprehensive review offers a glimpse into the fascinating journey of eggs throughout human history and their profound impact on global cuisine.



Egg: Nature's Perfect Package by Robin Page

★★★★☆ 4.8 out of 5

Language : English

File size : 33093 KB

Screen Reader: Supported

Print length : 32 pages



Nutritional Powerhouse

Eggs are widely recognized as nutritional powerhouses, packed with an array of essential vitamins, minerals, and antioxidants. Page meticulously details the nutritional composition of eggs, highlighting their rich content of protein, choline, lutein, zeaxanthin, and omega-3 fatty acids. He explains how these nutrients contribute to numerous health benefits, including improved brain function, reduced inflammation, and enhanced eye health.

Nutrition Facts

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THE WHOLE EGG

per 100 gram serving
approx. 3.5 ounces

Calcium 56 mg (4.3% DV)	Vitamin A 160 mcg (37.8% DV)	Thiamin (B₁) 0.04 mg (8.3% DV)	Riboflavin (B₂) 0.46 mg (25.2% DV)	Niacin (B₃) 2.5 mg (16.3% DV)
Chromium 0.4 mg (1.2% DV)				Pantothenic Acid (B₅) 1.4 mg (28% DV)
Copper 0.07 mg (8% DV)				Vitamin B₆ 0.17 mg (10% DV)
Iron 1.75 mg (9.7% DV)				Biotin (B₇) 15 mcg (53.3% DV)
Magnesium 12 mg (2.9% DV)				Folate (B₉) 47 mcg (11.8% DV)
Manganese 0.02 mg (0.9% DV)				Vitamin B₁₂ 0.59 mcg (37.1% DV)
Molybdenum 17 mcg (37.8% DV)				Vitamin D 2 mcg (10% DV)
Phosphorous 198 mg (15.6% DV)				Vitamin E 1.05 mg (7% DV)
Potassium 138 mg (2.9% DV)				
Selenium 30.7 mcg (55.8% DV)				
Zinc 1.3 mg (11.7% DV)	Choline 293.8 mg (63.4% DV)	Omega 3 74 mcg	Omega 6 1,148 mcg	Vitamin K 0.3 mcg (0.25% DV)

ESSENTIAL MINERALS

ESSENTIAL VITAMINS

RDA's are based off the Recommended Daily Allowance. Per the USDA, eggs are only missing vitamin C (salmon, liver, pork belly).

Source: USDA

www.nutritionzeststudy.com

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Culinary Versatility

Beyond their nutritional prowess, eggs are culinary chameleons, capable of transforming into countless delectable dishes. Page showcases the extraordinary versatility of eggs, providing a comprehensive guide to their various cooking methods and applications. Whether scrambled, fried,

poached, or baked, eggs serve as the foundation for countless breakfast favorites, hearty lunches, and elegant dinners.



Cultural Significance

The cultural significance of eggs extends far beyond their nutritional and culinary value. Page traces the historical significance of eggs in various cultures worldwide, from their symbolic use in religious rituals to their

enduring presence in art and literature. He explores the role of eggs in traditional cuisines, highlighting their importance in festivals, celebrations, and everyday meals.



The Science Behind the Egg

Page delves into the fascinating science behind the egg, explaining its unique structure and composition. He describes the intricate process of egg formation, from the development of the yolk to the formation of the shell. Page also explores the latest scientific advances in egg research, highlighting the potential for eggs to play an even greater role in human health and nutrition.



Science Projects for Kids Egg Drop Experiment



Robin Page's 'Egg: Nature's Perfect Package' is a captivating and comprehensive guide to the world of eggs. Through meticulous research and engaging storytelling, Page unveils the nutritional, culinary, and cultural significance of this remarkable food. Whether you are a seasoned chef, a food enthusiast, or simply curious about the origins and applications of

eggs, this book is an invaluable resource that will enrich your understanding and appreciation of this culinary and nutritional treasure.

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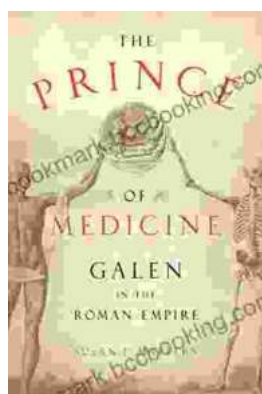
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