One large egg includes varying amounts of 13 essential vitamins and minerals, high-quality protein and antioxidants, all for 70 calories. For an ideal breakfast, pair eggs with other nutrient-dense foods for a balanced plate.

**6 GRAMS of PROTEIN**

One large egg provides 6 grams of protein, nearly half of which is found in the yolk.

Not all breakfasts are created equal when it comes to protein. Research shows that 20-30 grams of high-quality protein per meal may be optimal to maintain healthy muscles and bones for adults. While each of these popular American breakfast options provides a similar amount of calories, the amount and type of protein varies greatly.
Eggs are one of the most affordable sources of high-quality protein. Compared to eating cereal, eggs provide a 30% increase in total fullness. Eating eggs does not negatively impact blood cholesterol in healthy people. Daily egg intake may improve cognitive performance. Eggs are one of the most affordable sources of high-quality protein.

Sources: