

## **Processed Egg Products:**

Eggs are very nutritious food supplying high quality proteins containing all the essential amino acids and other nutrients. An avg. sized chicken egg supplies nearly 80 Calories energy, 6 grams of protein, 5 grams of healthy fats and various other trace nutrients that are important for health. During summer months, due to the low demand and low price lots of eggs are available to be processed into different value added egg products. Many egg products have been developed are as follows:

**Egg Chutney:** It is a mouth watering sweet, salty and tangy chutney similar to fruit based chutneys. However, it has been developed from the whole egg liquid and has protein percentage in the range of 15-17%. The cholesterol content in the egg chutney varies from 70-90mg/100g. It has an estimated storage life of 6 months at refrigeration temperature. Free from artificial colour and flavour.

**Egg cutlets:** Utilization of whole egg liquid for the development of cutlets is a novel food concept for potential market and its incorporation will ensure the protein enrichment of the developed product. Egg cutlets are prepared from whole egg liquid and mashed potato. The optimized formulations were mixed uniformly so that no clumps were formed, followed by preparation of egg cutlets of uniform size. The products are cooked in pre heated oven at 155°C for 15 min followed by deep frying.

**Egg Drink:** This is a refreshing drink during the summer months with protein content 4-6 gm/100ml, fat 2-3g/100ml and energy 68-80 Cals/100ml. It is prepared by mixing the Egg Drink Concentrate with chilled water



**Egg Parantha:** It is Ready-to-cook product. Egg Parantha can be stored in deep freezer for more than 1 year. Cooking Time for to consume the frozen Parantha is around 3 min (max.). Nutritive value of one egg Parantha app. of 100 gm is - Protein: 12-14g, Moisture: 40-43g, Fat: 10-12g. Egg Prantha can be stored in laminated pouches with outer aluminum layer.

**Ready Omelet Mix:** Omelet Mix powder is prepared by dehydrating the whole egg liquid and mixing other ingredients. It is a Ready-to-cook product and egg omelet can be prepared after mixing the powder with water in 1:3 ratio and cook it on hot pan. Nutritive Value of Ready Omelet Mix is Protein: 26-28%, Moisture: 10-12% and Fat: 18-20%. It is a shelf stable egg product and estimated storage life is 6 months at room temperature.

**Egg Pickle:** It is prepared from low-grade/small size chicken eggs or quail eggs which fetches low price in the market. The egg pickle is very popular in the market and can be stored at room temperature for 1½ -2 months. Due to its wider acceptability, it can increase the profitability of the farmers manifold. It can be stored for six months at room temperature without adverse change in quality.

