What can I do with egg yolks? [1]

Dear Alice,

I know that it's healthier to eat egg whites, but it feels like a waste to throw out the yolks when I use whole eggs. Is there anything I can do with leftover yolks when I make omelettes? Could they be used for some household chore or beauty regimen? Are there recipes that only use yolks that I could keep in the fridge? Or should I just bite the bullet and start buying those weird egg white products at the health food store?

Answer
Dear Reader,

What an _egg_-cellent question! Not only can egg yolks be used for recipes and DIY-beauty products, but also eggs are a healthy component of a balanced diet, as both the yolks and whites are rich sources of nutrients. Egg whites contain 4 grams of protein, only 17 calories, and almost no fat. While egg yolks actually contain more than 90 percent of the calcium, iron, zinc, folate, and Vitamins B6, B12, A, E, D, and K found in eggs, you’re correct that they can also be an _unhealthy_ source of cholesterol [2].

In fact, the American Heart Association [3] recommends that Americans eat less than 300 milligrams (mg) of cholesterol per day, but just one egg yolk has about 185 mg of cholesterol. One recent study even suggests that for people already at risk for heart disease, eating three or more egg yolks per week could be as damaging to arteries as smoking. Other research finds that eating eggs in moderation does not negatively affect cholesterol levels in healthy individuals. Check out the Alice! Health Promotion Nutrition Initiatives [4] for more information about integrating eggs into a healthy diet.

If you do find yourself with extra yolks, you can use them to make custard, crème brûlée, aioli, Hollandaise Sauce, and more. For recipes, just do a quick Internet search for ?egg yolk recipes.? Yolks can be saved for later by refrigerating them for three to four days or, for longer-term storage, freezing them in ice cube trays mixed with a pinch of salt or sugar. And for those who should avoid eating egg yolks altogether, there’s a sunny side ? you can use egg yolks to create DIY hair treatments. Some people swear by egg yolks as treatments for split ends, dull or dry locks, and for strengthening weak strands. Again, a quick Internet search for ?egg yolk hair treatments? will provide more than enough recipes to get you started.

Hope this was _egg_-ducational,

Alice!

Category:
Nutrition & Physical Activity [5]
General Health [6]
Optimal Nutrition [7]
Healthy Eating [8]
Hair [9]

Related questions

"Good" and "bad" cholesterol [10]
Egg substitutes [11]
Cholesterol screening test [12]
Allergic to eggs: What else can be used when cooking? [13]

Published date:
Jun 07, 2013
Last reviewed on:
Jun 07, 2013
Go Ask Alice! is not an emergency or instant response service.

If you are in an urgent situation, please visit our Emergency page to view a list of 24 hour support services and hotlines.

Source URL: http://www.goaskalice.columbia.edu/answered-questions/what-can-i-do-egg-yolks#comment-0

Links