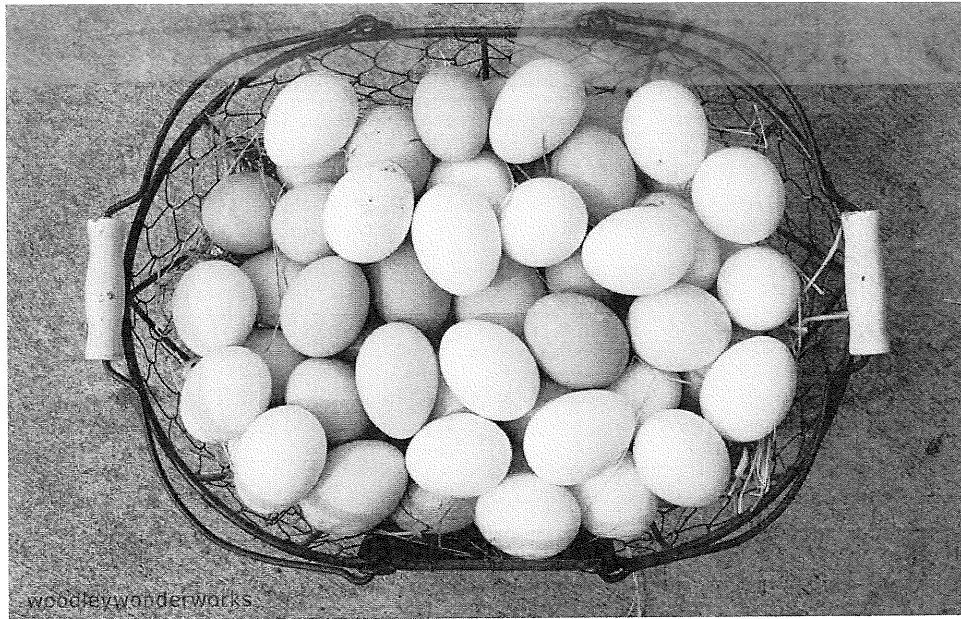


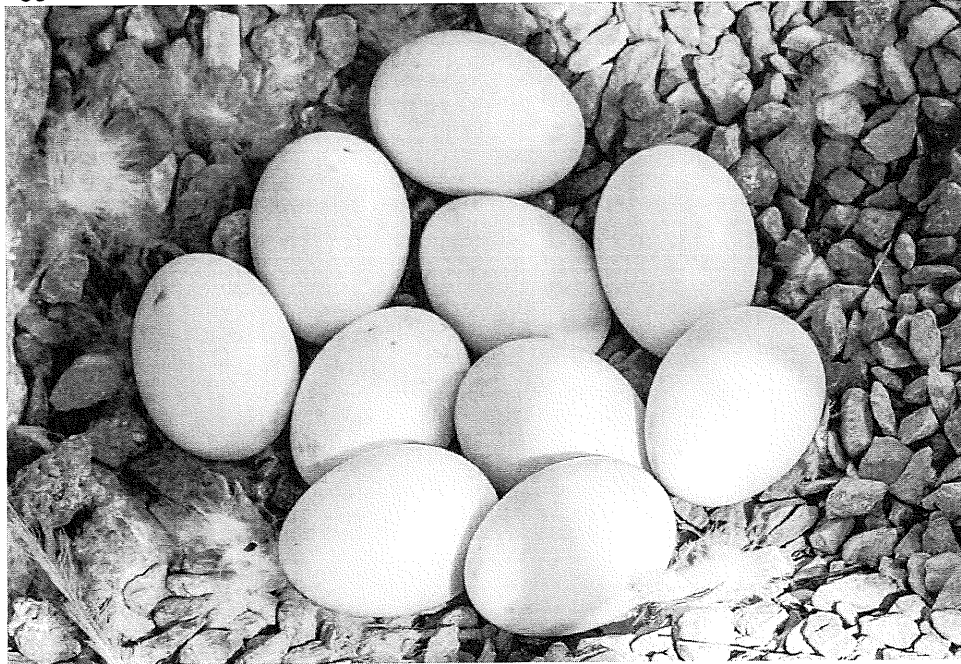
Chicken Eggs

Chicken eggs are the most common type of egg that we eat. They are fairly mild as far as taste goes and they have many vitamins and nutrients. Store bought chicken eggs are typically white, but chicken eggs have various different colored shells, such as brown or green, depending on the breed of chicken.



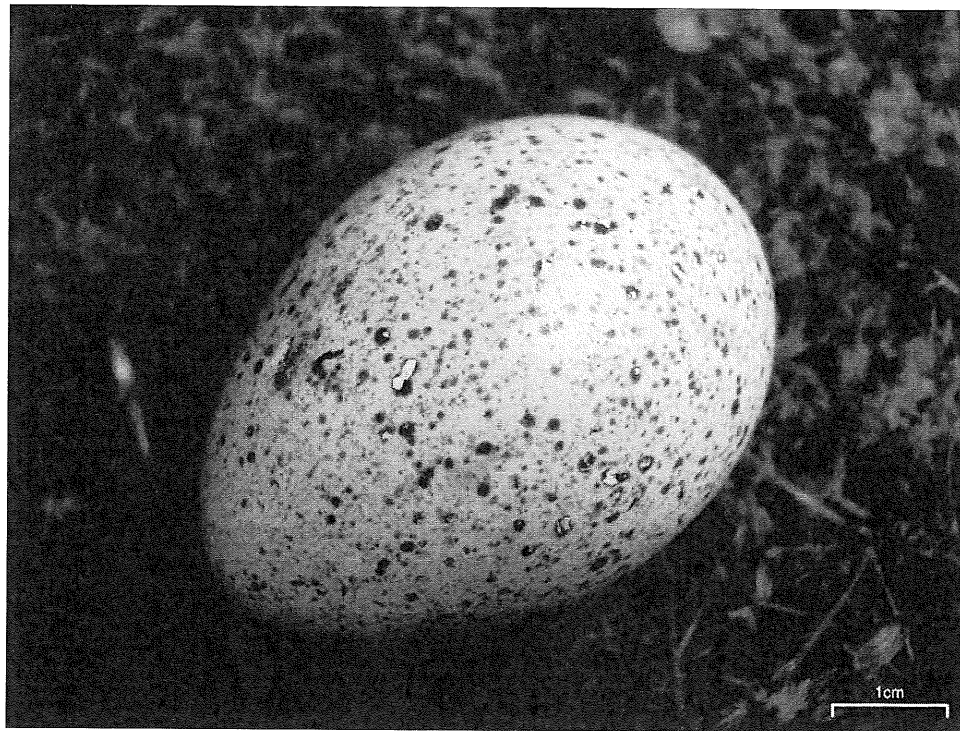
Duck Eggs

Duck eggs are very similar to chicken eggs, with a slightly larger yolk. The taste is more rich and smooth and contains more fat and protein than a chicken egg. Duck eggs have a thicker shell that allows them to stay fresh for a longer amount of time.



Turkey Eggs

Turkey eggs are similar to duck eggs in size and taste. The egg has a thicker yolk and egg white, giving it a creamier taste and consistency. Some people prefer turkey eggs for cooking pastries because of the richer flavor. Turkey eggs are hard to find in stores because most farmers get more value from raising the bird rather than selling the egg.



Goose Eggs

Goose eggs are about double in size to a chicken egg. They also have a heavier, more dense taste with greater protein content. The shells are thick and take more force to crack open. Goose eggs are much rarer than chicken or duck eggs because geese only lay about 40 eggs a year.



Quail Eggs

These eggs are tiny and delicate, with a flavor to match. The taste of a quail egg is lighter than most eggs and its nutritional contents are similar to those of chicken eggs. However, you would need to eat multiple quail eggs to match the same nutrition as a chicken egg. These tiny eggs are considered a delicacy in many countries and have even been used in healing remedies.

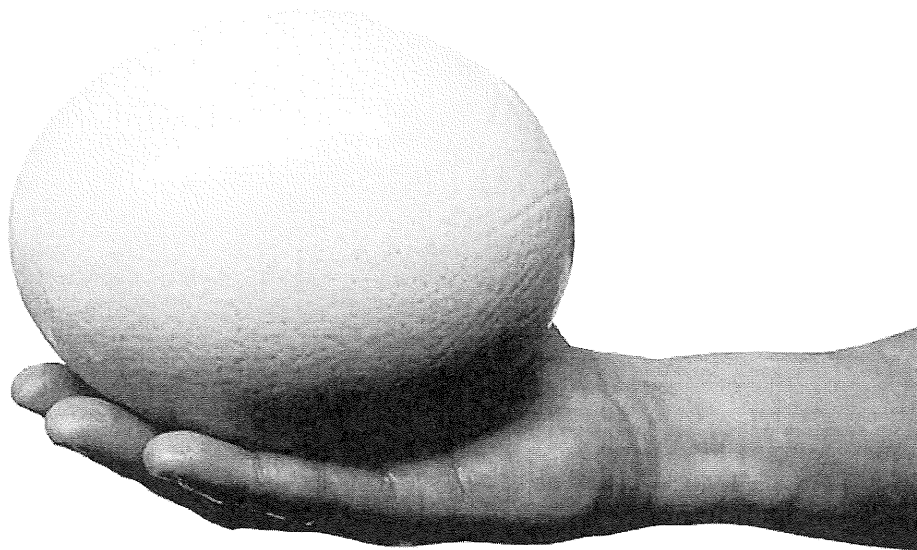


Pheasant Eggs

Pheasant eggs are similar in size to a duck egg, making them slightly larger than a chicken. The taste is light and less rich, like a quail egg. However, they have a more gamey taste because it is a more gamey bird.



Ostrich Eggs Weighing in at around 3 lbs, this is the largest of bird eggs. This is 20 times greater than a chicken egg! The shells have a creamy color and are extremely thick and hard to crack. If you do manage to get one open, you'll find that each egg is packed with 2,000 calories. However, it has similar nutrients and runny yolk of a chicken egg.



Emu Eggs

Emu eggs weigh in less than an ostrich egg at about 2 lbs. These eggs have a dark shell that is usually black in color and speckled with a deep green. Emu eggs are one of the richest tasting eggs. The yolk is like silly putty and the egg white is like glue. When you cut into it, nothing will ooze out.



We've all tasted chicken eggs, but there are so many other kinds of eggs out there that vary in size, taste and look. Eggs have many important nutrients that are essential for our health. Mix it up from time to time with a different egg for an entirely renewed egg experience. What kinds of eggs have you tried?
