

# 8 habits when processing eggs harmful to health you need to quit immediately

Eggs are a nutritious food and can be processed into many attractive dishes. But if not properly cooked you will reduce the nutrients in the eggs and even poison your own body.

Eggs are a familiar nutritious food in the family that can be processed into many attractive, simple and extremely quick dishes. But if not properly cooked, not only reduce the nutrients in the egg, but you are also poisoning your own body.

Here are 8 habits when processing eggs that are harmful to health that you need to quit right away.

## 1. Combine eggs with too much liquid



Many people believe that adding a little milk, cream or even water or other liquids can help the egg become softer and softer. But in fact, these are very misconceptions. Add any liquid to the egg before processing, when it comes to high temperatures, the water will evaporate to make your eggs tougher and sticky. Instead, you can whisk your eggs evenly and thoroughly, your eggs will become delicious and soft.

## 2. Beat eggs unevenly

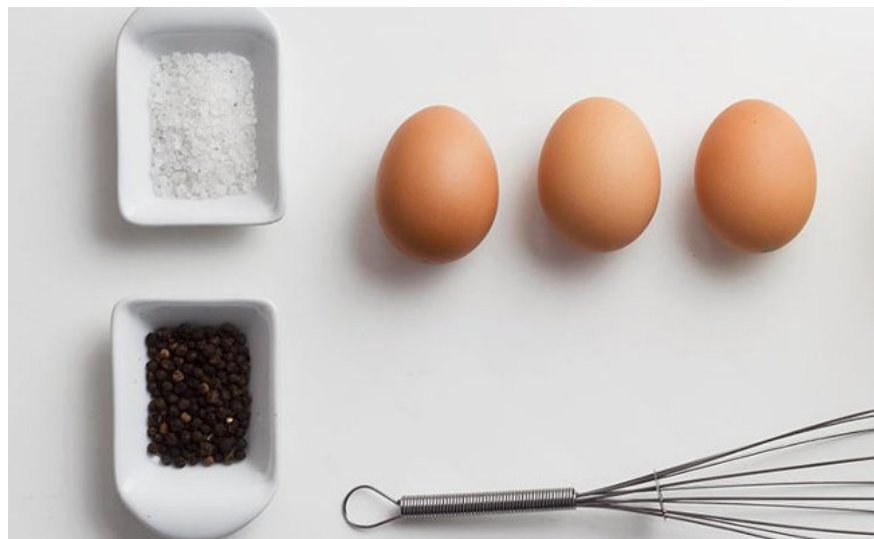
Beating and beating eggs really well is what you need to do to have delicious and fluffy eggs. The beating of eggs not only allows the whites and yolk of the eggs to mix well, but also makes the air flow into the mixture.



According to Sleny Mark expert, eggs will not be cooked even if you do not beat the yolk and egg white together. This is not good for your stomach or your digestive system, especially in the morning.

Therefore, you only need to use chopsticks or egg whisk, beat them well for at least 30 seconds to have a delicious and healthy food.

### **3. Put salt in the egg before processing**



When you add a pinch of salt to the eggs before processing, the salt absorbs moisture and makes your egg look the same as when you put too much liquid into the egg. This will make your eggs chewy and no longer soft, spongy as well as reduce the nutrients in the eggs. So you should only add salt when your eggs are nearly cooked

## 4. Combine eggs with vegetables

You really need vegetables in your daily meals because they contain important vitamins and nutrients. However, when you add vegetables to the eggs, the water in the vegetable will soak into the egg and leave you with the egg with the same condition as above. A smarter way to combine vegetables with eggs is that you can fry the vegetables first and then fry the vegetables out, let the vegetables dry, then add the eggs to continue cooking.



However, not all vegetables combined with eggs are good. According to medical researcher Stayden Luccy (Beanleau Medical Institute - Germany) in iron-containing eggs, if you combine sour and alkaline foods, you will have serious problems with your digestive system. . Proteolysis enzymes in soybeans will also reduce the nutrient of eggs.

## 5. Use a large pan to heat the egg



You do not need to use a pan too big when you only need to process a small amount of eggs. At that time, you will spend a lot of time waiting for a hot pan as well as a large amount of cooking oil to fry eggs. The large pan

surface will make your eggs spread out too thin, making the eggs dry, overcooked or even burning will reduce the deliciousness and nutrients in the eggs.

## **6. Heat eggs at too high temperatures**

Heating eggs at high temperatures will save you cooking time but high temperatures can affect the protein structure of eggs and will make your eggs dry and burnt, causing health problems.

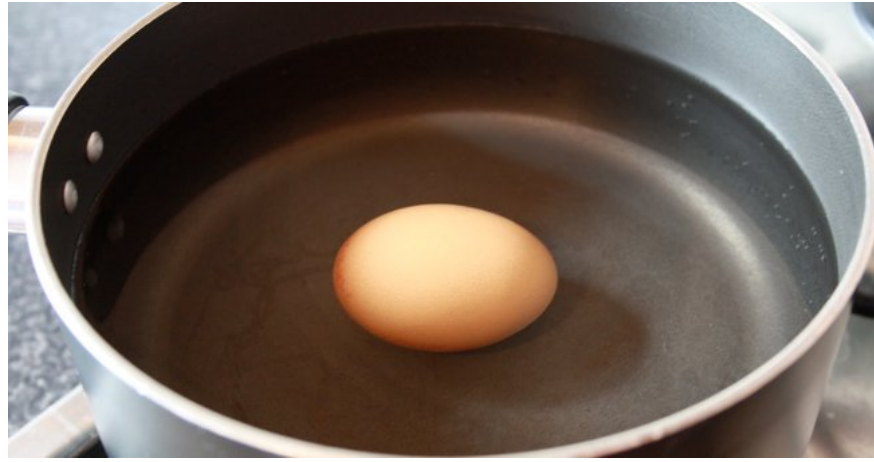


According to Dr. Kenvin Hart (French Central Medical Association), when you boil eggs at too high a temperature, you can reduce the amount of amino acids that benefit the body, and make iron in the eggs turn into Compound causes blood clotting, affecting blood circulation in the body.

So, don't be too hasty, spend a little more time to have delicious, soft and healthy eggs.

## **7. Soak boiled eggs in water**

The purpose of soaking boiled eggs in water is to be able to easily remove the eggs from the shell without breaking the eggs. But you should give up this habit right away because it will greatly affect your health.



In order to prevent bacteria and microorganisms as well as harmful substances from outside, there is always a protective membrane outside the raw chicken eggshell. When exposed to high temperatures, ripe eggs will make the shell disappear, so if you drop eggs in water immediately afterwards it will be very easy to get eggs infected with harmful substances.

In addition, sudden heat changes from hot to cold will cause the protective airbag of the egg to break so that outside air can penetrate inside the egg, bacteria and microorganisms can cling and make your eggs quickly broken.

## 8. Unburnt eggs



As mentioned, heating unripe eggs can harm your digestive system especially in the early morning. Because the eggs contain substances that are difficult to resolve, if not heated properly, it will affect the body's ability to absorb. The cooking of cooked eggs also contributes to the reduction of harmful bacteria in eggs.

If not heated well under high temperatures, the protein structures in the egg will not resolve and cause indigestion, which adversely affects your digestive system.

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