Avoiding Eggs



Watch for eggs in the following foods:

Baked Goods

- Baking powder may contain eggs (check label)
- Bisquick, cake flour, cakes, cookies, doughnuts, meringues, French toast, fritters, frosting, glazed bread or rolls, macaroons, muffins, pancakes, pastries, pie crust, pretzels, waffles
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Beverages

→ Coffee, eggnog, malted drinks, Ovaltine, root beer, wine (any are cleared with egg whites)

Dessert/candy

→ Chocolate bars, chocolate, cream pies, custard, marshmallow, nougat, ice cream, puddings, sherbet, soft candies

Egg Products

→ Dried egg powder, egg noodles, omelets, raw and cooked eggs, souffles

Meats/vegetables/soups

→ Batters for frying, breaded foods, fritters, hamburgers, luncheon meats, meat loaf, packaged meats, patties, potato salad, sausages noodle or consommé soups

Sauces/dressings

- → Boiled dressings, Caesar salad, hollandaise sauce, mayonnaise, creamy salad dressings, tartar sauce
- → Albumin, conalbumin, globulin, livetin, mucoid, ovomucoid, ovalbumin, ovovitellin, vitellin, yolk
- Chicken eggs usually cross react with eggs from other birds so it's best to avoid them too

Skin Contacts

 Vaginal suppositories, eye drops, nasal sprays containing lysozyme

Note on commercial replacers

- Commercial egg replacers usually contain potato starch, tapioca flour and baking powder. If used as a dry powder, add more liquid to your recipe.
- → Use for leavening or binding
- → Check labels interestingly enough, some egg replacers contain eggs!

Egg Alternatives

Eggs are used in recipes to bind ingredients, to thicken or to leaven (raise or lighten). Usually eggs can be replaced by an appropriate alternative listed below:

Binders (each is equivalent to 1 egg)

- → Soft tofu ¼ cup
- → Flaxseed 1 tbsp. boiled in 1 cup water for 15 minutes; add to muffins
- → Psyllium seed husk 1 tbsp. with 3 tbsp. water and let sit briefly
- → Gelatin powder 1 tsp. softened in 3 tbsp. boiling water; stir until dissolved; when thickened, beat until frothy
- → Arrowroot powder 1 tsp. will hold together meals, beans, in patties or meatloaf, etc.

Leavening

- → 1 tsp. baking powder for each egg substituted for leavening
- → 1 tsp. vinegar for each egg in cake recipes

Thickeners

- → Cornstarch 1 tbsp thickens 1 ½ cups liquid
- Arrowroot 2½ tsp thickens 1 cup liquid; use within 10 minutes of cooking and do not reheat Tapiaga 2 tep thickens 1 cup liquid do not head
- → Tapioca 2 tsp thickens 1 cup liquid; do not boil or over cook
- → Potato flour or starch 2 ½ tsp thickens 1 cup liquid; do not allow to boil
- → Agar agar 1 tsp thickens 1 cup liquid; do not boil too long
- Chickpea flour 1 tbsp thickens 1 cups liquid; traditionally used to thicken curries, etc.

NOTES

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