

The Green Ring Everyone Fears

That greenish ring on a boiled yolk looks off, but it isn't spoilage

Mistaken For A Spoiled Egg

Many cooks toss a boiled egg with a greenish ring, assuming it has spoiled. That is a myth: the ring is a cooking reaction, not a sign the egg has gone bad.

Source: [University of Nebraska-Lincoln Food](#)

Iron Meets Sulfur

Egg white releases sulfur as it heats and the yolk holds iron. Overcook the egg and the two meet at the yolk's surface, forming greenish ferrous sulfide.

Source: [University of Illinois Food Science & Human Nutrition](#)

Safe To Eat, Not Pretty

Ferrous sulfide is harmless to eat. The ring just means the egg sat on the heat a little too long, nothing more.

Source: [University of Illinois Food Science & Human Nutrition](#)

How To Avoid The Ring

Bring water to a boil, lower in the eggs, cover and remove from heat. Let sit about 12 minutes for large eggs, a touch less for medium, a touch more for extra-large. Cool them fast in ice water right after.

Source: [University of Nebraska-Lincoln Food](#)

A Texture Clue Too

A green ring often comes with a slightly chalky yolk. Both are signs of overcooking, not a food safety problem.

Source: [University of Illinois Food Science & Human Nutrition](#)

IN SHORT

A good egg doesn't need a green ring to prove anything: fresh stock and a careful cook make a good Multan morning.

References

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2. [University of Illinois Food Science & Human Nutrition](https://fshn.illinois.edu/news/solved-heres-why-your-hard-boiled-eggs-have-green-yolks) <https://fshn.illinois.edu/news/solved-heres-why-your-hard-boiled-eggs-have-green-yolks>
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