

Egg and Tomato Better Together

Why this classic pairing works harder for your body

Why They Taste So Good

Both eggs and ripe tomatoes contain free glutamate, the compound behind umami. Together they produce a richer, deeper savouriness than either ingredient alone.

Source: [PubMed Central](#)

Yolk Fat Boosts Lycopene Uptake

Lycopene is the red pigment in tomatoes and it is fat-soluble. Dietary fat, including the fat in egg yolk, helps your body absorb it far better than eating tomatoes on their own.

Source: [PubMed Central](#)

Tomatoes Lift Egg Iron Uptake

Eggs supply non-heme iron. Tomatoes contain vitamin C, which converts that iron into a form the body absorbs far more easily. Eating both in one meal maximises the benefit.

Source: [Harvard T.H. Chan School of Public Health](#)

Eggs Pack Complete Protein

Eggs contain all nine essential amino acids, making them one of the highest quality proteins available. Paired with tomato, it is a light, balanced, filling start to the day.

Source: [Harvard Health Publishing](#)

IN SHORT

Crack a Fresh Yolk egg with ripe tomatoes this morning and taste what good nutrition feels like.

References

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