

The Red Speck Myth

What that little red fleck really means, and if the egg is still safe

Not A Sign Of Fertilization

A blood spot does not mean an egg was fertilized. It forms when a blood vessel on the yolk ruptures while the egg is being made inside the hen.

Source: [Kansas State University Extension](#)

Why It Actually Forms

The vessel breaks on the yolk surface during formation of the egg, or in a similar accident in the wall of the oviduct on the way out.

Source: [Kansas State University Extension](#)

Chemically And Nutritionally Fine

Eggs with a blood spot are chemically and nutritionally fine to eat, cooked or not. The spot does not change anything else about the egg.

Source: [Kansas State University Extension](#)

Simple To Lift Out

If the spot bothers you, scoop it out with the tip of a clean knife before you cook. Nothing else about the egg needs to change.

Source: [Washington State University CAHNRS](#)

Why Shop Eggs Rarely Show It

Mass candling machines catch most blood spot eggs before they reach a shop shelf, though even scanners cannot catch every single one.

Source: [Kansas State University Extension](#)

IN SHORT

A little red fleck never means a bad egg. FreshYolk still checks every batch before it reaches your Multan morning table.

References

1. [Kansas State University Extension](https://enewsletters.k-state.edu/youaskedit/2016/11/14/blood-spots-in-eggs/) https://enewsletters.k-state.edu/youaskedit/2016/11/14/blood-spots-in-eggs/
2. [Kansas State University Extension](https://enewsletters.k-state.edu/youaskedit/2016/11/14/blood-spots-in-eggs/) https://enewsletters.k-state.edu/youaskedit/2016/11/14/blood-spots-in-eggs/
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