

Yolk vs White Inside One Egg

Some nutrients live in just one part of the egg, others are shared by both.

6.3g
PROTEIN

Protein Comes From Both Parts

About 3.6g comes from the white and 2.7g from the yolk. Protein is the raw material the body uses to build and repair tissue.

Source: [USDA FoodData Central, whole egg \(171287\)](#), cross-checked

15mcg
SELENIUM

Selenium Sits In Both Parts

Selenium is found in the white and the yolk, not just one part. The body uses it to make antioxidant enzymes that protect cells from everyday oxidative stress.

Source: [USDA FoodData Central, whole egg \(171287\)](#), cross-checked

0.23mg
RIBOFLAVIN

The White Carries Riboflavin

More of this B vitamin sits in the white than the yolk. The body uses riboflavin to turn the food you eat into usable energy.

Source: [USDA FoodData Central, egg white, raw, fresh \(172183\)](#)

1.0mcg
VITAMIN D

The Yolk Keeps Vitamin D

Virtually all of an egg's vitamin D sits in the yolk, none in the white. It is a fat soluble vitamin the body needs to absorb calcium and support normal immune function.

Source: [USDA FoodData Central, egg yolk, raw, fresh \(172184\)](#)

250mcg
LUTEIN AND ZEAXANTHIN

Lutein Colors The Golden Yolk

These plant pigments concentrate in the yolk and give it that deep golden color. They are associated with the eye's macula, the part of the retina used for sharp central vision.

Source: [USDA FoodData Central, egg yolk, raw, fresh \(172184\)](#)

IN SHORT

A good egg on a Multan breakfast table is never just a yolk or just a white, it is both parts working together.

References

1. [USDA FoodData Central, whole egg \(171287\), cross-checked](#) <https://fdc.nal.usda.gov/food-details/171287/nutrients>
2. [USDA FoodData Central, whole egg \(171287\), cross-checked](#) <https://fdc.nal.usda.gov/food-details/171287/nutrients>
3. [USDA FoodData Central, egg white, raw, fresh \(172183\)](#) <https://fdc.nal.usda.gov/food-details/172183/nutrients>
4. [USDA FoodData Central, egg yolk, raw, fresh \(172184\)](#) <https://fdc.nal.usda.gov/food-details/172184/nutrients>
5. [USDA FoodData Central, egg yolk, raw, fresh \(172184\)](#) <https://fdc.nal.usda.gov/food-details/172184/nutrients>