

Breakfast that holds until lunch

Why egg protein keeps you full long after the last bite

6.3g
PROTEIN

6.3 g of protein per egg

One large egg packs 6.3 g of protein into 72 kcal. Research consistently associates higher protein breakfasts with greater satiety through the morning compared with carbohydrate-based meals.

Source: [USDA FoodData Central](#)

0.55g
LEUCINE

Leucine: the satiety trigger

Leucine is the essential amino acid most closely linked to the body's satiety and muscle-building pathways. One large egg supplies around 0.55 g, in ratios well matched to human needs.

Source: [USDA FoodData Central](#)

0.36g
CARBOHYDRATE

Under 0.5 g of carbohydrate

A whole egg contains about 0.36 g of carbohydrate. Swapping starch-heavy breakfast foods for eggs is associated with more stable blood glucose through the morning, avoiding the energy dip.

Source: [USDA FoodData Central](#)

20-30%
THERMIC
EFFECT OF
PROTEIN

Protein costs 20 to 30% to digest

Protein uses 20 to 30% of its own calories during digestion, far more than carbohydrate (5 to 10%) or fat (0 to 3%). This thermic work extends the feeling of fullness after eating.

Source: [Journal of the American College of Nutrition, PubMed PMID](#)

72kcal
ENERGY

72 kcal, complete protein

Few foods deliver protein as efficiently as an egg. At 72 kcal for 6.3 g of complete protein, eggs offer an unusually high protein-to-calorie ratio for a genuinely filling breakfast.

Source: [USDA FoodData Central](#)

IN SHORT

A fresh egg at a Multan breakfast table is the simplest way to start the day well fed and the rest of the day under control.

References

1. [USDA FoodData Central https://fdc.nal.usda.gov/food-details/171287/nutrients](https://fdc.nal.usda.gov/food-details/171287/nutrients)
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4. [Journal of the American College of Nutrition, PubMed PMID https://pubmed.ncbi.nlm.nih.gov/31021710/](https://pubmed.ncbi.nlm.nih.gov/31021710/)
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