



The Blood Spot Myth

What a red fleck in the yolk really means, and why it is normal

The Myth: A Fertilized Egg

Many cooks believe a red fleck in the yolk means the egg was developing into a chick. Food scientists hear this belief constantly, and it is false.

Source: [University of Florida IFAS Extension](#)

What A Blood Spot Really Is

It is a tiny drop of blood from a burst vessel in the hen's ovary or oviduct as the yolk forms, before the egg is even complete.

Source: [Egg Safety Center](#)

Commercial Hens Never Meet A Rooster

Shop eggs come from hens with no rooster present, so they cannot be fertilized at all. A blood spot has nothing to do with an embryo.

Source: [University of Florida IFAS Extension](#)

Stress Causes It, Not Danger

Fright, loud noise, low vitamin K and genetics can make a hen's blood vessel rupture while laying. It does not affect the rest of the egg.

Source: [Kansas State University Extension](#)

Safe To Eat, Cooked Properly

A blood spot does not change the egg's safety or nutrition. Scrape it out with a knife tip if you prefer, then cook the egg as normal.

Source: [Egg Safety Center](#)

IN SHORT

A red fleck is not a hidden chick, just proof a good egg started somewhere real, on a Multan morning.

References

1. [University of Florida IFAS Extension](https://ask.ifas.ufl.edu/publication/VM262) <https://ask.ifas.ufl.edu/publication/VM262>
2. [Egg Safety Center](https://eggsafety.org/faq/what-does-blood-spot-in-an-egg-mean-is-the-egg-okay-to-eat/) <https://eggsafety.org/faq/what-does-blood-spot-in-an-egg-mean-is-the-egg-okay-to-eat/>
3. [University of Florida IFAS Extension](https://ask.ifas.ufl.edu/publication/VM262) <https://ask.ifas.ufl.edu/publication/VM262>
4. [Kansas State University Extension](https://www.asi.k-state.edu/extension/poultry/frequently-asked-questions/processing-and-marketing.html) <https://www.asi.k-state.edu/extension/poultry/frequently-asked-questions/processing-and-marketing.html>
5. [Egg Safety Center](https://eggsafety.org/faq/what-does-blood-spot-in-an-egg-mean-is-the-egg-okay-to-eat/) <https://eggsafety.org/faq/what-does-blood-spot-in-an-egg-mean-is-the-egg-okay-to-eat/>



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