

FOODS JUST AS NUTRITIOUS AS EGGS



Tofu

Two ounces of tofu can provide the same amount of protein you get from one large egg.



Flax or Chia Seeds

One tablespoon of flax or chia seeds equals consuming one egg and has rich omega-3 content.



Pulses

Pulses contain about 23% protein, whereas eggs have 6% and may be used as a vegan substitute for eggs.



Fruits and Leafy Greens

These can substitute the folic acid that otherwise may be obtained from eggs.



Fortified Grain Products

These contain vitamins A, D, E, and B12, iron, and biotin, besides other egg nutrients.

References

- 1 Egg alternatives; Academy of Nutrition and Dietetics
- 2 10 Egg Replacement Tips and 12 Eggless Recipes; PCRM
- 3 Using Pulses As Meat And Egg Alternates; USA Pulses
- 4 Egg Allergy; AAFA