

How Much Protein in 1 Egg? Sizes, Nutrition, and Meals

One large whole chicken egg contains about 6.3 grams of protein. That includes the white and yolk, weighing 50 grams without the shell. Smaller eggs contain less protein, while larger eggs contain more.

The amount you eat also depends on which parts you use.

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How egg size affects protein and calories

A small egg contains about 4.8 grams of protein. A jumbo egg contains about 7.9 grams because there is more egg to eat.

Protein and calories for US egg sizes			
US egg size	Weight without shell	Protein	Calories
Small	38 g	4.8 g	54 kcal
Medium	44 g	5.5 g	63 kcal
Large	50 g	6.3 g	72 kcal
Extra large	56 g	7.0 g	80 kcal
Jumbo	63 g	7.9 g	90 kcal

These amounts come from [USDA data for raw whole eggs](#). The calorie column excludes oil, butter, and other cooking ingredients. Egg sizes can have different weight limits outside the United States.

Check the size on your carton before choosing a row. If you weigh eggs yourself, remove the shells first. Weighing the shell with the egg would make your protein estimate too high.

Why do some websites list six or seven grams?

Egg size and rounding account for some of those differences. Six grams is a rounded estimate for a large egg. An extra-large egg is closer to seven grams of protein.

The eggs tested for a food database can also differ. A [newer USDA entry](#) lists about 6.2 grams for its large serving. The table above consistently uses the entry that produces 6.3 grams. Both are estimates, since individual eggs vary slightly in size and composition.

Protein in the egg white and yolk

A large egg white supplies about 3.6 grams of protein. The yolk adds about 2.7 grams, making both parts useful protein sources.



According to USDA, the large white weighs about 33 grams. The large yolk weighs about 17 grams, roughly half as much. The white contains more total protein because it is the larger part.

The answer changes when you compare equal weights of each part. White contains 10.9 grams of protein per 100 grams. Yolk contains about 15.9 grams in the same weight. That makes yolk more protein-rich per gram, despite its smaller serving size.

A large white contains about 17 calories and very little fat. A large yolk contains about 55 calories and most of the fat. It also contains much of the choline and other egg nutrients.

Protein in two, three, or four eggs

Two large whole eggs provide about 12.6 grams of protein. Three provide about 18.8 grams, and four provide about 25.1 grams.

Those totals use USDA whole-egg values, with rounding after the eggs are added. For two medium eggs, the total is closer to 11.1 grams. Choosing the correct size makes a larger difference than tiny rounding changes.

If you cook one whole egg with two extra whites, you get about 13.5 grams. The word extra is important because the whole egg already includes a white. Counting that white again would count the same protein twice.

Boiled, fried, scrambled, and raw eggs

A large boiled egg contains about 6.3 grams of protein. A [large fried egg in USDA data](#) also contains about 6.3 grams. Added ingredients can change the fat and calories in your meal.

The listed boiled egg has about 78 calories, compared with 90 for fried. However, those entries describe different preparations and slightly different serving weights. The boiled serving weighs 50 grams; the fried serving weighs 46 grams. Your added oil and the amount left in the pan affect the total.

How much protein is in scrambled eggs?

Two large scrambled eggs start with about 12.6 grams of protein. Milk, cheese, or other additions change the finished total. If you split the pan equally, each person gets half that total.

For restaurant or packaged scrambled eggs, check the stated serving and ingredients. A scoop of scrambled eggs can contain different amounts of egg and milk. The restaurant or package information is more useful than counting scoops alone.

Are raw eggs better for protein?

A raw egg contains about the same protein as a cooked egg. Raw eggs can contain harmful bacteria, which makes preparation important.

A [small study](#) found that participants digested cooked egg protein better than raw protein. It involved five adults who had surgery affecting their intestines. Its findings cannot tell you exactly how much protein your body absorbs.

A [later trial](#) found similar short-term muscle responses after raw and boiled eggs. That study involved trained young men and did not test food safety. For raw or undercooked recipes, choose pasteurized products under [FDA advice](#).

Other nutrients in a whole egg

A whole egg provides fat, vitamins, and minerals alongside its protein. One large hard-boiled egg has these amounts, according to [USDA](#).

- Calories: about 78 kcal
- Fat: about 5.3 g
- Choline: about 147 mg
- Vitamin B12: about 0.6 micrograms
- Vitamin D: about 1.1 micrograms
- Selenium: about 15.4 micrograms
- Fiber: 0 g

Choline helps form the outer layers of body cells. Your body also needs it for messages between nerves, according to [NIH](#).

Whole-grain toast, fruit, vegetables, beans, or lentils can supply fiber alongside eggs. Different foods contribute different nutrients, even when their protein amounts look similar.

Egg protein quality and muscle growth

Eggs contain all nine essential amino acids, making them a complete protein source. Amino acids are the small building blocks of proteins. Essential amino acids must come from food, according to [MedlinePlus](#).

Your body uses protein to build and maintain muscles, bones, and skin. [MedlinePlus lists animal foods](#) among the sources that supply complete protein. Eggs are one option alongside other protein foods across your meals.

Are whole eggs better than whites for building muscle?

Short-term studies have produced different results for whole eggs and whites. A [2017 study](#) compared whole eggs with whites in ten trained young men. Both servings supplied the same amount of protein. Whole eggs produced a greater muscle-building response shortly after strength training.

A [2026 study](#) compared six protein foods in 65 trained young adults. The researchers matched protein amounts to body weight. The study did not detect a difference in their short-term muscle-building responses. The foods included whole eggs, whites, and lentils.

Neither study measured muscle growth over months of regular training. Small groups limit the conclusions, and a food company funded the newer study.

Eggs, fullness, and weight loss

An egg breakfast may reduce hunger compared with some other breakfasts. However, eggs alone cannot guarantee that you lose weight.

In a [short-term study](#), people tried egg-based and cereal-based breakfasts on different days. They reported less hunger and ate less lunch after the egg breakfast. The meals differed in protein and other nutrients, making the whole breakfast relevant.

A [six-month study](#) compared egg and cereal breakfasts during diets with fewer calories. Both groups lost similar amounts of weight during the study. Only 76 of 110 participants finished, and the egg industry funded the research.

Short-term hunger changes and lasting weight loss are different results. When choosing breakfast, consider the whole meal, including drinks, spreads, and cooking fat.

Daily protein needs and eating eggs regularly

Daily protein needs vary with body size, age, activity, and health. Eggs contribute toward that total alongside the other foods you eat.

For generally healthy adults, the established daily allowance is 0.8 grams per kilogram. The [American Heart Association](#) describes that allowance in its protein information. For someone weighing 70 kilograms, that works out to 56 grams daily.

The [2025–2030 US Dietary Guidelines](#) set a higher goal of 1.2–1.6 grams per kilogram. That works out to 84–112 grams for the same adult. The guidelines also call for adjustments based on individual calorie needs.

These figures reflect different recommendations for daily protein intake. A [2026 research perspective](#) questions applying the higher goal across every life stage. Ask a dietitian which amount suits your health, age, and activity. Adult weight-based figures should never become automatic protein targets for children.

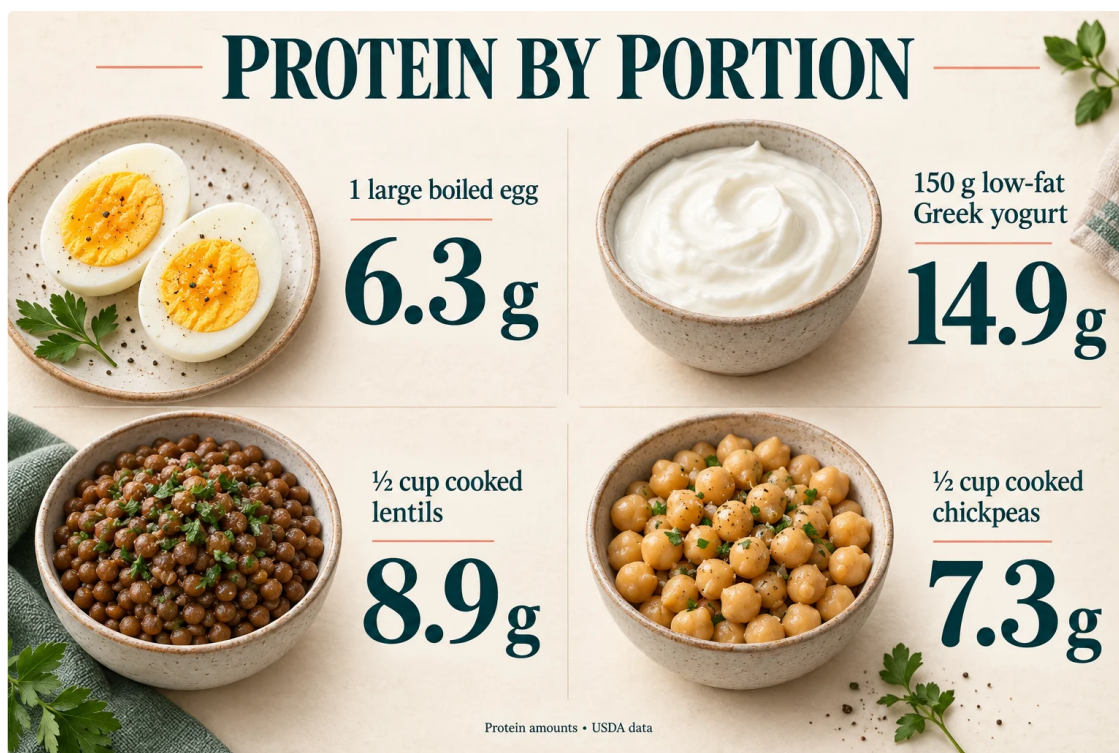
Can you eat eggs every day?

The [2026 AHA advice](#) includes eggs in moderation within a varied diet. It also recommends limiting saturated fat and dietary cholesterol. The advice leaves the right egg count to individual needs.

If you have high cholesterol, discuss egg portions with your clinician. Include the foods eaten with them, such as butter or processed meat. A daily egg limit depends on more than its protein content.

Compare eggs with other protein foods

Yogurt, lentils, and chickpeas can add protein alongside eggs. The table compares foods ready to eat, using the portions shown.



Protein and fiber in stated ready-to-eat portions			
Food	Portion	Protein	Fiber
Hard-boiled whole egg	1 large, 50 g	6.3 g	0 g
Plain low-fat Greek yogurt	150 g	14.9 g	0 g
Cooked lentils, without salt	½ cup, 99 g	8.9 g	7.8 g
Cooked chickpeas, without salt	½ cup, 82 g	7.3 g	6.2 g

The amounts come from USDA records for [egg](#), [yogurt](#), [lentils](#), and [chickpeas](#). Serving weights differ, and the foods also contain different calorie amounts. Dry lentils or chickpeas need different calculations because cooking adds water.

Pair two large eggs with 150 grams of plain low-fat Greek yogurt. Together, those foods supply about 27.5 grams of protein.

Two eggs alone provide only part of an adult daily protein allowance. How much breakfast you need also depends on appetite and your other meals. Check your yogurt label because brands can have different protein amounts.

Count egg protein in a shared dish

For shared dishes, divide the egg protein among the portions eaten. Count the eggs used first, then account for the portion size.

Suppose you mix four large eggs into six equal egg muffins. The eggs supply about 25.1 grams of protein across the batch. Each muffin contains about 4.2 grams from eggs if the mixture is spread evenly. Eating half a muffin supplies about 2.1 grams of egg protein.

Cheese, milk, flour, and other ingredients add protein to the muffins too. Add those amounts before dividing if you want the full recipe total. Larger muffins will contain more of the mixture than smaller ones.

With a whole egg, leftovers need a different calculation. If a child leaves the yolk, count the white eaten. Use the white amount above, adjusted for how much remains.

Read liquid egg and egg-white labels

Use the nutrition label when counting protein in liquid egg products. The [FDA label instructions](#) connect each listed amount with a stated serving size.

For a carton listing five grams per 46 grams, doubling the serving doubles protein. Pouring 92 grams would provide ten grams of protein. Pouring half the listed serving would provide about 2.5 grams. Those numbers illustrate the calculation; your carton may list different amounts.

Match the label units with the amount you measure. If the label uses grams, weighing the liquid avoids spoon-size differences. Use a volume measure when the label provides a matching volume serving.

Liquid whole eggs, egg whites, and egg substitutes can have different ingredients. Check the actual product label before treating them as equal protein amounts. For a shared recipe, calculate the whole batch before dividing your serving.

Brown eggs, white eggs, and carton claims

Brown eggs have no protein advantage over white eggs of comparable size. [USDA egg information](#) links shell color with breed, without significant nutritional differences.

Choose the egg size when looking up its protein amount. A larger white egg can contain more protein than a smaller brown egg. Check the size label when comparing the two cartons.

Grade AA and grade A describe egg quality, including shell and internal condition. They are separate from the size categories used to estimate protein. For an added-nutrient claim, check the specific amount on the package.

Prepare and store eggs safely

For US households, [FDA advice](#) recommends cooking eggs until whites and yolks become firm. Cook egg dishes to an internal temperature of 160°F, about 71°C. Use a food thermometer when checking an egg dish.



For recipes served raw or undercooked, choose pasteurized eggs or egg products. Pasteurization treats eggs to destroy harmful bacteria before use. Look for that word on the product label.

- Store eggs and cooked egg dishes at 40°F, about 4°C, or colder.
- Limit time outside the refrigerator to two hours for cooked eggs.
- Shorten that limit to one hour above 90°F, about 32°C.
- Use refrigerated hard-boiled eggs within one week after cooking.
- Eat refrigerated cooked egg dishes within three to four days.
- Reheat cooked egg dishes to 165°F, about 74°C, before serving.

Wash your hands and utensils after contact with raw eggs. Use an ice pack when taking cooked eggs away from home. Refrigerate leftovers promptly, including the egg dishes prepared for later meals.

Can you eat runny eggs during pregnancy?

In the UK, [NHS advice](#) permits qualifying chicken eggs raw or partly cooked. Look for the British Lion stamp or Laid in Britain logo. Follow storage instructions and eat the eggs before their use-by date.

Other eggs should be thoroughly cooked under that pregnancy advice. The exception applies only to eggs meeting those UK standards.

Eggs for children, pregnancy, and allergies

Eggs can contribute protein to meals for children and during pregnancy. An egg allergy requires different advice, even when only one part is eaten.

For babies, the [US dietary guidelines](#) discuss starting solid foods around six months. Eggs can join other foods when the baby is ready. Breast milk or infant formula remains the main nutrition source through 12 months.

Ask your infant health professional about egg introduction and allergy risk. Choose a texture the baby can manage safely. For older children, serve portions that suit their age and appetite. Our [nutrition for children article](#) covers broader meal planning from age one onward.

Eggs during pregnancy

Eggs supply protein and choline, both relevant to pregnancy nutrition. Ask your maternity professional about food amounts and any needed supplements. Mention restricted foods or appetite problems that make eating difficult. Follow the egg safety advice for your country and product.

Egg allergy

Separating the white from the yolk cannot make eggs reliably safe for egg allergy. The [ACAAI egg-allergy information](#) describes why some people must avoid both parts.

Baked eggs can also cause reactions in people with egg allergy. Ask an allergist about alternatives or any supervised testing. For a prescribed diet, bring your carton label and recipe to appointments.

Sources

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2. [USDA raw white](#)
3. [USDA raw yolk](#)
4. [USDA hard-boiled egg](#)
5. [FDA egg safety](#)
6. [Evenepoel 1998 digestion](#)
7. [FDA label serving information](#)
8. [ACAAI egg allergy](#)
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