

Quail Eggs

Quail eggs are rapidly gaining traction in cooking as an alternative to chicken eggs.

Cleanse your body: Eating quail eggs may help get rid of toxins in your bloodstream. One study suggested that quail eggs helped prevent toxicity-caused liver damage in rats.

Treat allergies: Quail eggs contain large amounts of ovomucoid protein – a protein that acts as a natural anti-allergenic. It helps the body fight off congestion, inflammation, and other symptoms caused by an allergic reaction.

Boost Metabolism: The vitamin B found in quail eggs helps boost your metabolism and support your body's health. Metabolism is responsible for turning food and drinks into energy and building or repairing your body. Quail eggs can help support this bodily process and organ functions.

Boost immunity: Quail eggs contain large amounts of vitamin C and vitamin A, which can help neutralize free radicals and protect your health.

Increase energy: Quail eggs are a great source of protein which helps give your body a boost of energy, especially when paired with a carbohydrate. This can be an effective alternative to caffeine or other stimulants when combined with a balanced, nutrient-filled diet.

Improve Vision: Quail eggs contain a high amount of vitamin A, which can help prevent cataracts and other vision problems. Vitamin A also helps the heart, lungs, kidneys, and other organs work properly.

How they compare with chicken eggs:



They taste remarkably like chicken eggs but are small — typically just one-third the size of a standard chicken egg. They have cream-colored shells with brown splotches and deep-yellow yolks.

Quail egg (left) as compared to a chicken egg (upper right) and a duck egg (lower right) (the quail egg being the smallest), in an adult human's hand.

For their size, they are packed with nutrients. A single quail egg provides a significant chunk of your daily vitamin B12, selenium, riboflavin, and choline needs, along with some iron — all in a serving that contains only 14 calories. Selenium and riboflavin are important nutrients that help your body break down the food you eat and transform it into energy. Selenium also helps ensure healthy thyroid function. Vitamin B12 and iron promote healthy nervous system function and help maintain optimal energy levels through their roles in red blood cell formation. In addition, choline is vital to helping your body make acetylcholine, a neurotransmitter that sends messages from your nervous system to your muscles.

SUMMARY

One quail egg contains only 14 calories but is rich in a variety of vitamins and minerals, including selenium, riboflavin, vitamin B12, and choline.

	Quail eggs (about 10 eggs)	Chicken eggs (about 2 large eggs)
Calories	158	148
Fat	11 grams	10 grams
Protein	13 grams	12 grams
Choline	48% of the DV	61% of the DV
Riboflavin	61% of the DV	32% of the DV
Vitamin B12	66% of the DV	43% of the DV
Iron	20% of the DV	9% of the DV

Quail eggs have large yolks. This table compares the amounts of select nutrients in 3.5 ounces (100 grams) of quail and chicken eggs, respectively.

Quail eggs contain around 60% of essential fats, i.e., high-density lipoprotein (HDL) or good cholesterol.