## What are the benefits of eating raw eggs?



Categories:

Health & Nutrition

Drinking or eating raw eggs offers no major advantages over eating poached or boiled eggs. Despite raw eggs containing slightly more nutrients, the nutrients in cooked eggs are in fact easier for your body to digest and absorb. One study found that the body is able to absorb 90% of the protein found in cooked eggs compared to only 50% in raw eggs.



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