Chicken egg is the best source of protein, lipids, vitamins, and minerals. Eggs consist of 3 main components: eggshell, egg white, and yolk. Albumen commonly known as egg white is rich in proteins. Albumen color is opalescent and doesn’t appear white until an egg is whipped or cooked. Egg whites are a low-calorie food containing no saturated fat or cholesterol or carbohydrates or sugar. Besides proteins egg vitamin is a good source of vitamins and potassium.

A drop of egg white was taken on a slide and observed under a foldscope. Very fine small spherical to irregular droplets were visible.