



Egg

Eggs contain ovomucoid, ovalbumin, and conalbumin proteins, which are common allergens. Reactions range from hives and digestive issues to anaphylaxis. Egg allergy is prevalent in children but often outgrown. Raw eggs may pose a higher risk due to unaltered proteins.

Nutrients

Recipe preparation steps



Hives, Swelling, Digestive Issues, Wheezing or Difficulty Breathing, Anaphylaxis, Runny or Stuffy Nose, Itchy or Watery Eyes



Avoidance of Eggs, Antihistamines, Epinephrine Auto-Injector, Consult an Allergist, Read Food Labels, Emergency Action Plan, Oral Immunotherapy (OIT)

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