



# Nutrition for the Health of It

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## Egg Storage Chart

(source: FoodSafety.gov)

Product	Refrigerator	Freezer
Raw eggs in shell	3 to 5 weeks	Do not freeze. Instead, beat yolks and whites together; then freeze.
Raw egg whites	2 to 4 days	12 months
Raw egg yolks	2 to 4 days	Yolks do not freeze well.
Raw egg accidentally frozen in shell	Use immediately after thawing.	Keep frozen; then refrigerate to thaw.
Hard-cooked eggs	1 week	Do not freeze.
Egg substitutes, liquid <i>Unopened</i>	10 days	12 months
Egg substitutes, liquid <i>Opened</i>	3 days	Do not freeze.
Egg substitutes, frozen <i>Unopened</i>	After thawing, 7 days or refer to "Use-By" date.	12 months
Egg substitutes, frozen <i>Opened</i>	After thawing, 3 days or refer to "Use-By" date.	Do not freeze.
Casseroles with eggs	3 to 4 days	After baking, 2 to 3 months.
Eggnog <i>Commercial</i>	3 to 5 days	6 months

<b>Eggnog Homemade</b>	<b>2 to 4 days</b>	<b>Do not freeze.</b>
<b>Pies Pumpkin or pecan</b>	<b>3 to 4 days</b>	<b>After baking, 1 to 2 months.</b>
<b>Pies Custard and chiffon</b>	<b>3 to 4 days</b>	<b>Do not freeze.</b>
<b>Quiche with filling</b>	<b>3 to 4 days</b>	<b>After baking, 1 to 2 months.</b>

**It is important to handle eggs safely to avoid food poisoning.**

**Note: Egg products, such as liquid or frozen egg substitute, that are pasteurized are safe to use in recipes that will be not be cooked.**

