

# All You Need to know About Quail Eggs

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**Refrigerated Quail eggs can last up to 6 weeks. Not refrigerated quail eggs can last up to 4 weeks.**

With either method of storing you will want to test them for freshness if you are reaching the maximum storage time. Now I have heard of people saying that their eggs will last longer than this time frame, but it is not recommended to keep them that long. And if you decide to I would for sure test them before you eat your eggs.

## Testing your Quail eggs

There are different ways to test eggs but only one way to do so without having to crack the egg open. The best way to test your eggs would be a simple float test. The float test is very simple...

1. Fill a bowl with cold water.
2. place Egg/Eggs into a bowl
3. If the eggs float to the top they are bad

## The bloom

Another aspect of how long your eggs will last is something called the “bloom”. The bloom is a natural coating on the egg that seals the eggshell pores. The bloom protects the egg from outside bacteria. The cool thing about the bloom is that if you do not wash your eggs, you can store them out of the fridge. Even if you store them in the fridge, I will still keep the bloom on them. Any extra protection is a bonus.

So, if you can eat your eggs within a couple of weeks you don't have to worry about washing them or storing them in the fridge. As I mentioned I have done my research on quail eggs and I had so much fun learning that I wanted to pass on everything else I learned about them.

## Can you get salmonella from quail eggs?

Yes, just like chicken eggs you can get salmonella from quail eggs. But if you are taking the correct steps with your quail eggs you should be perfectly fine. When you cook your eggs, this will kill any unwanted bacteria.

## How do you cook quail eggs?

You can make quail eggs any way you would make chicken eggs. You can...

### Boil

1. Heat water until it reaches boiling.
2. Put quail eggs into the water (very carefully with a spoon)
3. Boil the eggs. You will boil them 2 minutes for runny yolks and up to 4 minutes for firm centers.
4. Remove Eggs
5. Put eggs into an ice bath for 5 minutes.
6. Eat or store your eggs.

### Scramble, fried or baking?

You can make your quail eggs the same way you would make your chicken eggs. As I mentioned above you will just need a few more. In general, it takes about 3-4 quail eggs to equal a chicken egg. As far as baking goes you can use them the exact same way. And they taste very very good. They almost have a “richer” flavor.

## How many quail eggs can you eat in a day?

3-5 quail eggs a day is a good number to shoot for. Quail eggs are much smaller than normal eggs so you would think that you would have to eat much more than chicken eggs. But even though they are so small they still “pack a punch”. 3-5 is the “normal” intake but you can eat up to 20 a day. As far as protein goes quail eggs only have 1.2 grams of protein compared to a chicken egg which has 6 grams of protein. As far as vitamins a quail egg has Folate, **Vitamin B12**, Pantothenic Acid, Iron and Phosphorus, and is a very good source of Protein, Riboflavin, and Selenium. Compared to a chicken egg which has **Vitamin A**: 6% of the RDA. **Vitamin B5** (pantothenic acid): 7% of the RDA. Selenium: 22% of the RDA. **Eggs** also contain small amounts of almost every **vitamin** and mineral required by the human body, including calcium, iron, potassium, zinc, manganese, **vitamin E**, folate and **many** more.

## How do you store quail eggs?

As you have noticed quail eggs are pretty similar to chicken eggs. As far as storing goes you will also store them the same way you store your chicken eggs. In a carton. If you don't have a carton storing them in a basket works as well. Just be careful because they are very fragile.

## Are quail eggs expensive?

This is obviously going to depend on the area you live but you can expect a dozen quail eggs to be anywhere between \$3-\$5. If you can find them. They are not super popular, so you will not find them at your local grocer. All the more reason to have your own quail! But taking care of quail is a whole other topic...

# What are the benefits of Quail eggs?

I mentioned the nutritional facts about quail eggs above, but I wanted to take a second to go over even more benefits you will receive from quail eggs.

## 1. Whole Body Cleanse

Quail eggs are amazing they will **cleanse your body** of liver stones, kidney stones & bladder stones. They will also help your body get rid of toxins and heavy metals.

## 2. Nutritional value

We talked about this already, but I had to go over it again. I just can't believe how a tiny quail egg can have 1.2 grams of protein, Folate, **Vitamin B12**, Pantothenic Acid, Iron, Phosphorus, Riboflavin and Selenium. As I was doing my research, I was reading the "cons" of quail eggs. There were very few cons and the ones I did come across made me take a second look because it said it was high in cholesterol. I wanted to look into that a little more. What I found was that quail eggs are full of HDL cholesterol which is good for you not LDL which is not good for you.

They are also jam packed with vitamin A. This is great but you do have to make sure you don't overdo it on the vitamin A. Which is easy to do because the eggs are so small you just want to eat more and more.

## 3. Quail eggs cannot cause allergic reactions

This is so interesting! Not only does it not cause allergic reactions but the protein in a quail egg is what is used in anti-allergy medicines. So, by eating quail eggs you are getting what you need to fight the allergies but in its natural form. Quail eggs also help build your immune system. As I mentioned Quail eggs help cleanse your body so by doing this it is cleaning you from the inside out. It will help your overall health and keep your skin beautiful and healthy as well.

## 4. Brain function

They are finding that quail eggs are healthier for human consumption over any other egg. Quail eggs have choline which is a chemical essential for healthy brain function. They say that quail eggs are much better for the elderly because of the choline and the good cholesterol.

## Conclusion

After my research I have found that your quail eggs will last 4-6 weeks. I figured out how to test them if I feel like they are getting old. Also, I have learned that quail eggs are basically the same as chicken eggs when it comes to cooking and eating but they are much healthier and overall, better for you. I hope this was helpful to you as you dive into the world of quail!