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## Gpxplus egg guide

Did you know that the edible part of chicken eggs is about 74 percent water, 12 percent protein, and 11 percent fat? Check out this list below to find out other interesting facts about this popular food product that might surprise you. In Macedonia, eggs can mean the difference between life and death. According to local knowledge, if you share a birthday or even a month of birth with a dying relative, your days are also numbered. The only way to cheat fate is to share the yolk with these relatives while standing on the opposite side of the stream. Similarly, a dying man might save himself if he finds someone to share a sugar berg egg with him on the verge of home. In Mergentheim, Germany, if a person falls seriously ill, the person ties a white thread around the egg and puts it in the fire. If the shell turns black in fire, death is not far away. Flooded at work? Hit by bad luck? Craving the company of the undead? Sneak into a Jamaican churchyard at night and visit the grave of a friend or relative mother - one would be the most suitable. Break the eggs and offer them to the deceased with rice and rum. Ghosts will rise up, eat food, and offer help and good luck in return. In Morocco, a woman who has a very young son and prepares to give birth again keeps eggs close to her during childbirth. After birth, eggs are given to newborn brothers to ensure that siblings will like each other. But if the egg must be eaten by someone other than the baby's brother, the baby will grow to hate the mother. Throughout Europe, eggs are used to tell good luck. The most popular method is to carefully penetrate the shell and catch the droplets of egg whites in a glass of water. The forms formed in the water are examined and interpreted by an unmarried woman who seeks clues to her husband-to-be's profession. A ship means marriage to a sailor, a shoe means she's going to marry a cobbler, and so on. The Scottish variant of this clairvoyant technique is called drap glasses. A group of women gathered, and each brought an egg and handed it over to the woman in charge. He then separates the whites, drops each one into a glass of water, closes the rim with his hands, and flips it over. When everyone finishes interpreting the shape, the yolk is used to bake a stupid cake, so called because the clairvoyant is carried out in silence. In the Russian countryside, eggs can help you make friends with supernatural powers. Home sprite (domovoi), everywhere if usually an invisible presence in every house, is said to occasionally snake shape. If the homeowner finds this snake, they would do well to offer him some egg pancakes (blini). If a gift is received, the virtues of domovoi are secured and the household will prosper; Rejection means the house will burn down. Sometimes, chickens lay imperfect eggs perfectly or no shell at all. In England, such eggs are traditionally called wind eggs, from the belief that the chickens that lay them have been impregnated not by roosters but by the wind. In parts of Hungary, if a black chicken lays a softly peeled egg, it is destroyed after it is found, because it signifies the worst of the omens: that the earth softens under the family members, which is a metaphor for the coming death. Many cultures consider unusual eggs - misshapen, empty, without yolks, without shells, or those with yolks and whites combined - to be laid not by chickens but by roosters. This belief likely stems from the fact that the body of an old rooster (seven years or older) is often found to contain egg-shaped globules of white eggs. In 1474, legal proceedings were instituted in Basel against a rooster accused of laying eggs for witchcraft purposes. Prosecutors pointed out that rooster eggs are invaluable for mixing magic potions, and that Satan is known to hire witches to brood these eggs. The judges were convinced, and the rooster was punished as a witch in the form of a bird and burned at a stake along with its eggs. This article was adapted from The Book of Incredible Information, published by West Side Publishing, Publications International division, Ltd. Three-Egg Omelette Makes 1 serving Ingredients 1 tablespoon butter or margarine 3 eggs, Salt Stuffing and lightly beaten black pepper: grated cheese, grated crab, cooked sliced mushrooms, cooked chopped onions, sliced avocado, minced ham, cooked small shrimp, cooked chopped peppers, chopped tomatoes, cooked chopped asparagus and/or chopped broccoli Chopped butter in a 10-inch frying pan over medium heat. Add eggs; remove the cooked edges with a spatula to allow uned cooked eggs to flow under cooked portions. Season with salt and black pepper to taste. Beat the pan to loosen the omelette. Cook until ready. Place the desired patch on half an omelette. Fold half over the stuffing. Transfer to a serving plate. Serve immediately. Serving Size: 1 omelette with cheddar cheese 1/4 cup & 1/4 cup ham Calories 491 Calories from Fat 71 % Total Fat 38 g Saturated Fat 19 g Cholesterol 716 716mg Carbohydrates 3 g Protein 33 g Sodium 988 mg See more recipes for Eggs & Nest Egg Advertising Omelet is money you have collected from saving and investing, and is usually used for retirement related purposes. You may accumulate a nest egg in a company-sponsored retirement plan such as a 401(k) or an individual plan such as an IRA. Or if you plan to use the money before retirement age, at home, for example, it in a taxable account. In general, your nest egg is the money you want to protect at almost any cost. Your nest egg is what you use to be financially secure when you no longer work or what you keep so you are able to dream -- which becomes a dream home, a dream vacation or a dream car, for example. How to build a nest egg You can build a nest egg in many ways, but you have to do it deliberately and carefully. You want to preserve the money you have accumulated and make sure that it is not lost on bad investments, for example. That doesn't mean it should be just in the least risky investments, but it should mean that you carefully weigh your alternatives and balance the risks. Here are some important steps to follow as you think about building your nest egg:1. Choose the right account You have to customize your account type the way you want to use the money. If your nest egg is for retirement, then consider a company-sponsored plan such as a traditional 401(k) or Roth 401(k). Your employer may match your contribution -- free money! -- and you will receive valuable tax benefits to save in your account. If you're making the most of a company-sponsored plan, you also have an IRA - either a traditional version or a Roth. The IRA also offers enormous tax advantages. If you need money faster than retirement age - say for special purchases - then you can switch to a taxable account. You won't get tax advantages, but you will have full flexibility with money. If you want to save for college, 529 college savings plans can offer tax advantages and other benefits. Which way you go, make sure you use the most sensible type of account for your nest egg purposes.2. Choose the right investment for your needs You also want to tailor your investment plan to how you intend to use your nest egg and when you will need the money. Do you have decades before you need cash? You can be more aggressive with your account and invest in higher return assets such as stocks. While they may fluctuate more in the short term, over time they tend to outperform other major asset classes. Do you have more than five years before you need the money? It still makes sense to have some of your investments in stocks, but you may want to balance that against assets that have less risk but still offer some upside. Do you need your nest egg in just a few years? In this situation, you may want to stick to more secure assets such as bonds or high-yield savings accounts, so your money is there when you need it. Regardless of how you intend to spend your money, make sure your investment aligns with that goal. Otherwise, the number of may not exist when you need it. In the long run, you may come out better at investing aggressively, while short-term goals may require more conservative investments.3. Add to your account regularly In which you have money in your account, it's important to keep adding it. Regularly adding to his account helps him to keep climbing in the long run. A 401(k) allows you to save by withdrawing money from your salary before it even reaches you, it helps you raise more. And it is very important that you protect your nest egg so that it is there when you need it. If you are saving for retirement, it is very important that you stick to your plan so that you can have a comfortable golden year. Avoid the temptation to spend your nest egg on something other than your actual purpose. Bottom line Because your nest egg is money you save for a special purpose, you want to protect it carefully. For some, it may mean taking a financial adviser - the one who has your best interests at heart - to manage money. For others, that may mean guiding and tracking your own investments so you see where you stand each month. Regardless of how you approach it, you will want to make sure that your nest egg is there when you need it. Learn more: Skip To Content If you're looking for the ultimate chocolate fix this Easter, then you've come to the right place. Experts on the Good Housekeeping Institute's taste test team knocked out more than 100 Easter eggs and other chocolate delights to a shortlist of just 31 to put in front of our tasting panel. This year's selections include Easter offerings from supermarkets to high-end chocolatiers, with something to suit every taste and every budget in five categories: The best milk chocolate Easter eggs Best dark chocolate Easter eggs Best Easter eggs free of Easter eggs The expert taster eats through everything from decadent golden dusty chocolate to eggs shaped like beehives and a selection of chocolate animals - including dinosaurs - that are guaranteed to please younger chocoholics. The overall winner of three eggs who are our joint winners overall this year (with a score of 80/100), may be surprising. One of them is free eggs - ASDA Extra Special Free-From Dark Egg & Truffles. This puts Chocolatier Booja-Booja's three-year winning streak to an end in the free-from category. Our panel couldn't get enough melted chocolate in the mouth with hidden crispy cocoa nibs, and loved the delicious sticky truffles that came with it! The others are white chocolate eggs: Chocolate Libertine Honeycomb Beehive and Extra Thick Blonde and White Chocolate Egg from M&S. Here are the best Easter eggs to buy this year, plus our favorite hot cross bun tasting panel... Sainsbury's took first place in the milk chocolate category, scoring 75/100 with its Cocoa et Co Belgian Chocolate Beehive Egg, which touted its buttery and sweet taste. The Chocolate's spectacular Honeycomb Beehive it certainly has a wow factor and it tastes as good as it looks. With a score of 80/100, he shares the winning position along with M&S. BUY NOW The Chocolate Libertine, £69.95 Our panel loves the taste of caramel caramel into simple M&S; S Extra Thick Blonde and White Chocolate Egg. In store only, M&S; S, £12 As sumptuous in appearance as it is in taste, Bettys Dark Chocolate Egg with Bronze Lustre (74/100) was a huge hit with our tasters. BUY NOW Bettys, £19.95 We have three winners in this category, all scoring 76/100, and each will bring a smile to your face. Doug the Dinosaur from Tesco is very cute, with sweet and fluffy chocolate. BUY NOW Tesco, £3.50 Animal milk chocolate, white and caramel at Hotel Chocolat's Pen Pals adorable choice. Our taster said the chocolate was very smooth and loved the hit of white brown lamb vanilla. BUY NOW Hotel Chocolat, £10 There are biscuits, beehives, white chocolate buttons and cereal balls packed into the Co-op's delicious Golden Honeycomb Crunch Egg-spllosion. In store alone, Co-op, £5 Testers love melted dark chocolate shells in the mouth of ASDA Extra Special Free-From Dark Eggs & Truffles (80/100), which are studded with crispy cocoa nibs. Seriously more redness and milk, eggs and gluten-free. BUY NOW ASDA, £5 If that's not enough Easter self-indulgence, we're also asking our panel to sample the hot cross bun test. This year is M&S; S who scooped the top spot in our regular and free category with 4 Luxury Hot Cross Buns and Made without wheat Gluten Free 4 Hot Cross Buns. Best hot cross buns Our taste tester shoots won by M&S; S' 4 Luxury Hot Cross Buns (89/100), which boasts fragrant, fluffy dough, enriched with warm in-store only, £1.50 for 4 Coeliacs is lucky because this year's gluten-free offerings don't disappoint. Testers enjoy textures such as toast and coriander warmers and M&S; so orange peel S' Made without Wheat Gluten Free 4 Hot Cross Buns (76/100). Only in store, £1.50 for 4

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