## Features of a [perfectly normal] Fresh Egg

This perfectly no<mark>rmal thinner fluid layer</mark> is called the 'exterior a<mark>lbumen.' It is safe to</mark> eat and perfectl<mark>y normal. Seriously. All eggs have this.</mark>

This perfectly normal thing is called the chalaza. It is a protein strand that holds the yolk in place and prevents eggs from arriving to you pre-scrambled. It does not mean your egg is curdled. It is perfectly normal. Promise.

This perfectly normal white spot is called the 'germinal disk.' All eggs have one. It is perfectly normal.

These perfectly normal flecks are called 'meat spots.' These occur when blood vessels on the yolks surface rupture. Blood specs are perfectly normal. I swear.

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