

Eat Smart • Move More

Hard Boiled Eggs

Prep Time: 2 minutes

Total Time: 20 minutes



Ingredients

8 eggs

Nutrition Facts

8 servings per container		
Serving size	1 serving (50g)	
Amount per serving		
Calories		70
% Daily Value*		
Total Fat	5g	6%
Saturated Fat	1.5g	8%
Trans Fat		
Cholesterol	210mg	70%
Sodium	65mg	3%
Total Carbohydrate	<1g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes g of Added Sugars		
Protein	6g	
Vitamin D	1mcg	4%
Calcium	49mg	4%
Iron	1mg	4%
Potassium	121mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Add hard boiled eggs to a salad for a healthy, protein-packed meal.
- ▶ Great for a breakfast or snack on-the-go or a healthy packed lunch!

Directions

- Place eggs in a saucepan large enough to hold them in a single layer. Add cold water to cover eggs by 1 inch.
- Bring saucepan to a boil over high heat.
- As soon as the saucepan reaches a boil, remove from burner, and cover with a lid.
- Let eggs stand in hot water for about 12 minutes. NOTE: If extra-large eggs are used, let stand for about 18 minutes.
- Drain immediately and place in a bowl of ice water until cool enough to handle. Then remove the shell from the egg.
- Serve warm, or cool completely under cold running water or in a bowl of ice water. Refrigerate.

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(Recipe adapted from: <http://msue.anr.msu.edu>.)

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