

Eat Smart • Move More

Huevos Duros

Tiempo de Preparación: 2 minutos

Tiempo Total: 15-20 minutos



Ingredientes

8 huevos

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%
<i>Trans Fat</i>	
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.

Consejos Rápidos

- ▶ Agregue huevos duros a una ensalada para una comida saludable y proteica.
- ▶ ¡Genial para un desayuno para llevar o un almuerzo saludable!

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Preparación

- Colocar los huevos en una olla con capacidad suficiente para que estén ubicados en una sola capa. Agregar agua fría hasta 1 pulgada por encima de los huevos.
- Llevar a hervor sobre fuego fuerte.
- Apenas rompe el hervor, remover del fuego y cubrir con una tapa.
- Dejar los huevos en el agua caliente durante aproximadamente 12 minutos.
Nota: si se utilizan huevos grandes, dejar reposar durante 18 minutos aproximadamente.
- Drenar inmediatamente y colocar los huevos en un bol de agua con hielo hasta que se enfríen y poder manipularlos. Luego remover la cáscara del huevo.
- Servir tibios o enfriar completamente bajo el agua fría o en un bol con agua con hielo. Refrigerar.

(Receta adaptada de: http://msue.anr.msu.edu/news/easy_hard-boiled_eggs)

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