



A Nutrition Resource

HARD BOILED EGGS

Yield: 1-6 Servings | Serving Size: 1 egg

Cost/serving: \$0.23

Ingredients:

1-6 eggs

Directions:

- 1) Place eggs in a pot with enough water to cover the eggs.
- 2) Bring to a boil and cover the pot. Turn off stove, remove the pot from heat, and let it sit, covered, for 10-12 minutes.
- 3) Remove the eggs and place them in a bowl of cold water, then crack and peel the shells.



Nutrition Facts

1 servings per container

Serving size 1 egg (50g)

Amount per serving

Calories **80**

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1.5g 8%

Trans Fat --g

Cholesterol 185mg 62%

Sodium 60mg 3%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 1mcg 6%

Calcium 25mg 2%

Iron 1mg 6%

Potassium 63mg 2%

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

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