



Hard Boiled Eggs

Ingredients

8 eggs

Directions

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

Nutrition Facts

Serving Size 1 serving (50g)
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat

Cholesterol 210mg **70%**

Sodium 65mg **3%**

Total Carbohydrate <1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 6g

Vitamin A 6% • Vitamin C 0%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.