

# Perfect Hard Boiled Eggs

*Use this method for perfect hard boiled eggs, which can be eaten as a quick breakfast or snack!*

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>20 MIN</b>
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## INGREDIENTS

6 each      Eggs, large

## CHEF'S NOTES

Eggs are a good source of lean protein, as well as iron, carotenoids, and a variety of vitamins and minerals.

Hard boiled eggs can be kept for up to 7 days in the refrigerator.

Hard boiled eggs are great additions to salads, sandwiches, appetizers, and side dishes!

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place eggs in a small saucepan and fill with cold water, covering eggs
3. Bring pot to a boil over high heat. As soon as the water comes to a boil, cover, and remove from the heat.
4. Leave eggs in hot water, covered for 10 minutes. While the eggs cook, prepare an ice water bath.
5. Using a slotted spoon, remove the eggs from the pot and place in the ice water bath, to cool.
6. Once the eggs are cool enough to handle, remove from the ice bath and dry exterior before storing in the refrigerator for later use or peel immediately and enjoy!

# Nutrition Facts

6 servings per container

**Serving size** 1 egg (50g)

**Amount Per Serving**

**Calories** 70

**% Daily Value\***

**Total Fat** 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 185mg 62%

**Sodium** 70mg 3%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 1mcg 6%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 70mg 2%

\* The % Daily Value (DV) 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.

CONTAINS: EGG

