



Perfect Hard Boiled Eggs

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

U.S.

6 each

Eggs, large

Metric

6 each

Preparation:

1. Gather all ingredients and equipment.
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 on Reverse**

Nutrition Facts

6 Servings

Serving size **1 egg**

Amount per serving

Calories **80**

Total Fat	5 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	185 mg
Sodium	60 mg
Total Carbohydrate	1 g
Dietary Fiber	0 g
Total Sugars	1 g
Includes 0 g Added Sugars	
Protein	6 g
Vitamin D	0 %
Calcium	4 %
Iron	4 %
Potassium	63 mg
Phosphorus	86 mg
