

Perfect Hard Boiled Eggs

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

YIELD 12 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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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

8 servings per container

Serving Size 1 egg (52 g)

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 13%

Vitamin D 1mcg 5%

Calcium 30mg 2%

Iron 0.88mg 5%

Potassium 69mg 0%

*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.

Recipe by Health meets Food, "Perfect Hard Boiled Eggs", 5/30/18



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