



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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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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