

# Hard Boiled Eggs

Quick & easy protein rich snack!



 3 servings  5 minute prep; 20 minute cook time

## INGREDIENTS

6 whole, large eggs (preferably at least 1 week old)

Water

Ice

\*You can make more or less eggs, just want to make sure the eggs are not crowded in the pan

## DIRECTIONS

1. Place cold eggs in a single layer in a pan with a lid. Make sure the eggs have enough room between them to prevent them from cracking
2. Fill the saucepan with water until halfway up the eggs. This allows the water to boil faster and the shell to easily release from the membrane when peeling.
3. Turn the heat to high and bring to a boil and quickly as possible
4. Cover saucepan, reduce heat to low and simmer for 13

- minutes.
- Place eggs in an ice bath (bowl of cold water and ice cubes) immediately to stop cooking. Change the ice water as needed- shells are easier to remove when the egg is still a little warm
  - Gently tap hard boiled eggs on the top, bottom and sides of the shell to break
  - Peel shell off egg starting at the top or bottom

## Nutrition Facts

Serving Size:  
2 Eggs

Calories 78

Amount	% Daily Value*	Amount	% Daily Value*
<u>Total Fat</u> 5.3g	8%	<u>Total Carbs</u> 1g	0%
<u>Saturated</u> 1.6g	8%	<u>Dietary Fiber</u> 0g	1%
<u>Cholesterol</u> 187 mg	62%	<u>Sugars</u> 1g	
<u>Sodium</u> 62 mg	3%	<u>Protein</u> 6g	13%
<b>Calcium</b> 3%	<b>Iron</b> 3%	<b>Vitamin A</b> 5%	<b>Vitamin C</b> 0%

\*Percent Daily Values are based on a 2000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.