



Boiled Eggs

Makes: as desired

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
as desired	eggs	as desired
	water	

Instructions

1. Before cooking eggs, look for cracks. Cracked eggs must not be used because they could have harmful bacteria.
2. Put eggs in a pot. Add enough water to cover eggs by at least 1 inch (2.5 cm). Bring to a rolling boil.
3. Set the timer to 23 minutes. Remove pot from heat and cover with lid.
4. Cool eggs quickly once the cooking time is up by placing in cold water. Rapid cooking helps prevent a green ring from forming around the yolk.
5. Peel eggs soon after cooking and cooling. Put in a bag and date. If you prefer to keep the shell on, you can mark the cooking date on the eggs.

Tip: Hard-cooked eggs keep for a week in the refrigerator.

Nutrition Information	
Serving 1 egg	
Calories	80
Fat	5 g
Saturated	1.5 g
+ Trans	0 g
Sodium	65 mg
Carbohydrates	0 g
Fibre	0 g
Sugars	0 g
Protein	6 g
Calcium	20 mg
Iron	0.5 mg

Food Guide Servings
½ Meat & Alternative

