



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Eggs Cooked in the Shell*

(Recipe courtesy of American Egg Board)

eggs
water

1. Place a single layer of eggs in a saucepan. Add enough water to rise at least 1 inch above eggs.
2. Cover and quickly bring to boil.
3. Turn off heat. If necessary, remove pan from burner to prevent further boiling.
4. Let eggs stand, covered, in hot water about 15 minutes.
5. Run cold water over eggs until cool enough to handle. Peel.

Nutrition Facts	
Serving Size: 2 eggs (561g)	
Servings: 1	
Amount Per Serving	
Calories 130	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 2.5g	14%
Trans Fat 0g	
Cholesterol 370mg	124%
Sodium 130mg	5%
Total Carbohydrate	0%
Dietary Fiber 0g	0%
Sugars less than 1g	
Protein 11g	
Vitamin A 8%	Vitamin C 0%
Calcium 4%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

*Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.



TV Show

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