



# Cent\$ible Nutrition Program

Helping Families Eat better for Less

## Poached Eggs\*

(Recipe courtesy of American Egg Board)

eggs  
water

1. In saucepan, bring 2 to 3 inches of water to a boil. Reduce heat to keep water gently simmering
2. Break cold eggs, one at a time, into small dish. Holding dish close to water, slip eggs, one by one, into hot water.
3. Cook until whites are completely set and yolks begin to thicken but are not hard, about 5 minutes.
4. Lift eggs out of water with slotted spoon. Drain in spoon or on paper towels. Trim any rough edges, if desired. Serve hot.

### Nutrition Facts

Serving Size: 2 eggs (325g)

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 125mg    5%

Total Carbohydrate less than 0g

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/cent\\$ible](http://www.uwyo.edu/cent$ible) for more information.



TV Show

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