



Perfect Hard-Cooked Eggs



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Ingredients

eggs (any amount)

Directions

1. Place a single layer of eggs in a saucepan. Add cold water to cover the eggs by at least 1 inch. Heat over high heat just until the water comes to a full boil.
2. Take the pan off the heat and cover with a lid or plate. Leave eggs in the hot water. Time depends on egg size: medium - 9 minutes; large - 12 minutes; extra large - 15 minutes
3. Immediately drain eggs. Serve warm, or cool completely under cold running water or in ice water. Refrigerate within 2 hours of cooking. Use peeled eggs within 2 days or refrigerate in the shell for up to a week.

Makes: 1 servings
Prep time: 5 minutes
Cooking time: 20 minutes



Nutrition Facts

1 servings per container	
Serving size	1 egg (50g)
Amount per Serving	
Calories	70
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 185mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%
Vitamin A 80mcg	9%
Vitamin C 0mg	0%

*The % Daily Value (DV) 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.

Notes

Tips for easier peeling:

Refrigerate the eggs for 7-10 days before cooking. This gives time for the two membranes inside the shell to separate slightly.

Let eggs cool after cooking.

Roll the egg gently on the counter until the shell has small cracks all over.

Start peeling at the large end.

Hold the egg under cold running water to help loosen the shell.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State

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