

**WHY
ACT
NOW**

HARD BOILED EGGS



Ingredients

- 2 large eggs

Directions

Place eggs in saucepan of cold water. Bring to a boil then turn off heat. Cover, let sit for 12 min. Drain, cool, refrigerate. *Makes 1 serving.*

Nutrition Facts

Serving Size 1 (2 eggs)

Amount Per Serving

Calories 141 Calories from Fat 88

% Daily Values*

Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Sodium 125mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 12g	24%

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

Eggs are inexpensive and a very good source of high quality protein! They are also rich in vitamins A, D, E and K.