

BASIC HARD-COOKED EGGS

Prep Time: 1 minute
Cook Time: 15 to 22 minutes
Makes: As desired



WHAT YOU NEED

EGGS

HERE'S HOW

1. **PLACE** eggs in saucepan large enough to hold them in single layer. **ADD** cold water to cover eggs by 1 inch. **HEAT** over high heat just to boiling. **REMOVE** from burner. **COVER** pan.
2. **LET EGGS STAND** in hot water about 15 minutes for large eggs (12 minutes for medium eggs; 18 minutes for extra large).
3. **DRAIN** immediately and serve warm. **OR**, cool completely under cold running water or in bowl of ice water, then **REFRIGERATE**.

INSIDER INFORMATION

To peel a hard-cooked egg: Gently tap egg on countertop until shell is finely crackled all over. Roll egg between hands to loosen shell. Starting peeling at large end, holding egg under cold running water to help ease the shell off.

NUTRITION INFORMATION

Nutrition information per serving: calories: 71, total fat: 5g, saturated fat: 2g, polyunsaturated fat: 0g, monounsaturated fat: 2g, cholesterol: 211mg, sodium: 70mg, carbohydrates: g, dietary fiber: 0g, protein: 6g, vitamin A: 243.5IU, vitamin D: 17.5IU, folate: 23.5mcg, calcium: 26.5mg, iron: .9mg, choline: 125.5mg

This recipe is an **excellent source** of choline.