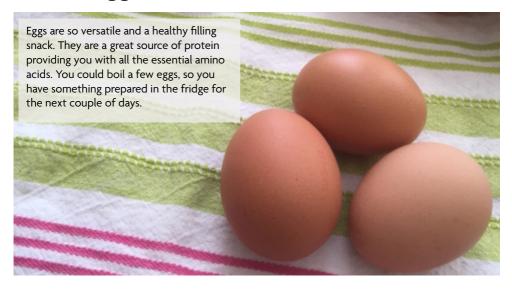




## **Boiled Egg**



## **Ingredients**

• 1 medium egg

## Method

1. For hard boiled eggs, boil for around 7-8 minutes

## Nutrition per portion - 57g

Energy		Saturates	Sugars	Salt	Protein	Carbs	Fibre	
82kcal	5.5g	1.5g	0g	0.2g	8g	0g	0g	l
4%	8%	8%	0%	4%	16%	0%	-	l

% of an adult's reference intake









