

# Hard Boiled Eggs



Eggs are one of nature's most nutritious foods because they are highly concentrated in protein, good fats, vitamins, and minerals. One large egg contains 6 grams of protein, 5 grams of fat, and only 75 calories. The protein in eggs is a "complete" source of protein, meaning that it has all the 9 essential amino acids. Our body cannot make these amino acids, so we must obtain them from eating foods that are a source of complete protein. Hard boiled eggs are an easy snack to make and to take on-the-go. You can also prepare a dozen at a time too!

## Why You Should Eat Hard Boiled Eggs

- ✓ High in vitamin D that contributes to strong bones
- ✓ Rich in the nutrient, Betaine, which promotes a healthy heart
- ✓ Rich in the nutrient, Choline, which is necessary for our brain to be functioning properly
- ✓ Has carotenoids to reduce risk of age-related macular degeneration
- ✓ May raise your HDL (the "good") cholesterol – it will not increase your risk of heart disease
- ✓ Adaptable to any meal
- ✓ Keeps you full
- ✓ Inexpensive



## Best Way to Boil Eggs

1. Place the eggs at the bottom of a saucepan (do not stack the eggs) and cover the eggs with at least an inch of cold water
2. Bring the water to boil
3. Turn off the heat, but keep the pan on the burner and let it sit for 10-12 minutes with the lid on
4. Use a strainer to obtain the eggs
5. Run cold water to cool them down
6. Peel and store in containers for an easy portable snack

**Tip:** They should be eaten within 5 days.

[www.simplyrecipes.com/recipes/how\\_to\\_make\\_perfect\\_hard\\_boiled\\_eggs](http://www.simplyrecipes.com/recipes/how_to_make_perfect_hard_boiled_eggs)

## How to Select and Store Eggs

- Ensure there are no cracks or liquid in the box
- Store in the fridge for up to a month (check best-before-date)
- Omega-3 enriched eggs should be eaten as soon as possible to keep the oils fresh

## Egg Tips

- A fresh egg will sink in water and a stale egg will float
- If the egg has a foul or unpleasant odour, it has been spoiled
- Blood spots in raw eggs are safe – it only means that a blood vessel has ruptured

Melnick, M. (2013, March 30). Health benefits of eggs. *Huffington Post*. Retrieved from [www.huffingtonpost.com/2013/03/30/health-benefits-of-eggs-yolks\\_n\\_2966554.html](http://www.huffingtonpost.com/2013/03/30/health-benefits-of-eggs-yolks_n_2966554.html)