



Boiled Egg

Eggs are so versatile and a healthy filling snack. They are a great source of protein providing you with all the essential amino acids. You could boil a few eggs, so you have something prepared in the fridge for the next couple of days.



Ingredients

- 1 medium egg

Method

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

Nutrition per portion - 57g

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

% of an adult's reference intake

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