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

<table>
<thead>
<tr>
<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
<th>Protein</th>
<th>Carbs</th>
<th>Fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>82kcal</td>
<td>5.5g</td>
<td>1.5g</td>
<td>0g</td>
<td>0.2g</td>
<td>8g</td>
<td>0g</td>
<td>0g</td>
</tr>
</tbody>
</table>

% of an adult's reference intake

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