

HARD BOILED EGG



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43883
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD DRY PK	1 Each		853800

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	5.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	170.00mg		
Sodium	55.00mg		
Carbohydrates	1.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	23.00mg	Iron	1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available