

Hard Boiled Egg



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-58638

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG HARD CKD PLD CAGE FR	45 grams		259354

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	70.00
Fat	5.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	170.00mg
Sodium	55.00mg
Carbohydrates	1.00g
Fiber	0.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	6.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 23.00mg	Iron 1.00mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available