The Nutrient-Rich Egg

Per 1 Large Egg

- 70 CALORIES
- 6g PROTEIN
- 1.5g SAT FAT
- 0g ADDED SUGAR

VARYING AMOUNTS OF 13 ESSENTIAL VITAMINS AND MINERALS

1. Boil 1/2- to 1-inch of water in a large saucepan.
2. Carefully add eggs using a large spoon or tongs. The eggs should not be completely submerged.
3. Cover and cook for 12 minutes for large eggs.
4. Drain immediately and serve warm, or cool completely in a bowl of ice water.

It’s simple. Follow these steps for easier peeling.

Trouble peeling hard-boiled eggs?

Boost protein and nutrients in any dish with the addition of an egg!
Eggs are all-natural and loaded with the best kind of protein - not only protein, but lots of other good-for-you nutrients as well. And all this nutritional goodness for 70 calories per large egg. Inexpensive, super adaptable to sweet or savory dishes, eggs should be in all kitchens to help everyone – from babies and pregnant women to athletes and seniors – eat healthier diets.

Delicious and nutritious, research shows eggs are important for promoting fullness and weight control. The nutrition package of eggs also promotes muscle strength, brain and eye health.

**Don’t throw out the yolk!**

_Eggs are back._
The 2015-2020 Dietary Guidelines have thrown out the cholesterol restriction so there’s no need to toss the yolks.

**Egg White:**
- Energy
- Selenium
- Protein
- Riboflavin

**Egg Yolk:**
- Choline
- Vitamin B12
- Vitamin D
- Vitamin A
- Vitamin B6
- Iron
- Vitamin E
- Zinc
- Fat
- Cholesterol
- Folate
- Phosphorus
- Energy
- Selenium
- Protein
- Riboflavin

Plus the antioxidants lutein and zeaxanthin.