



June 3- Hard Boiled Egg with Toast – Happy Egg Day!

Smart Snack

Link: <http://foodfamilyfinds.com/100-giveaway-easy-egg-breakfast-recipes-for-back-to-school/>

Recipe

Ingredients:

- 1 hard-boiled egg
- 1 slice whole-wheat toast

Directions:

1. Add fresh eggs to a pot with at least one inch of cold water covering the eggs. Heat to boiling, cover with a lid and remove from heat. Let sit for 13 minutes. Cool the eggs with cold water and refrigerate until ready to use.
2. Toast a slice of bread in the toaster.
3. Peel and wash the hard-boiled egg, slice and serve over warm toast.

Yield 2 servings

Nutrition Facts	
Serving Size 1 slice (50g)	
Servings Per Container 2	
Amount Per Serving	
Calories 100	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 140mg	6%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 6g	12%
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	