Date: 6/30/2015
Time: 10:36 AM

Hard Boiled Egg

Yavapai Lodge

Categories
Tools
Locations
Plating

	Prep
Yield	**Cook**
Portion	**Finish**
Num Portions	**Shelf**

Nutrition Facts

Serving Size 0
Servings Per Container

Amount Per Serving

Calories 70 Calories From Fat 45

	% Daily Value
Total Fat 4.5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 185 mg	62%
Sodium 70mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Protein 6g	

Vitamin A	6%	Vitamin C	0%
Calcium	4%	Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrient Descriptors

Good Source of Protein
Low Sodium
Not a Low Calorie Food
Sugar Free