

Hard Boiled Eggs

Nutrition Facts

Serving Size 1 Egg (50g)

Servings Per Container 1

Amount Per Serving

Calories 74 Calories From Fat 45

		% Daily Value*
Total Fat	5g	8%
Saturated Fat	2g	8%
Trans Fat	<1 g	0%
Cholesterol	212mg	71%
Sodium	70mg	3%
Total Carbohydrate	<1g	0%
Dietary Fiber	<1g	0%
Sugars	<1g	

Protein 6g

Vitamin A 5% ● Vitamin C 0%

Calcium 3% ● Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Ingredients: Fresh Eggs.

Allergy Information: Eggs