

Hard Boiled Egg

Nutrition Facts

Serving Size 1 egg (44g)

Amount Per Serving

Calories 70 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 190mg **62%**

Sodium 55mg **2%**

Total Carbohydrate 1g **0%**

Protein 6g **13%**

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 4%

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values are based on a 2,000 calorie diet.