

Hard Boiled Eggs The Basics

Phase 3 – Soft and Puree

Week 1 or 2, depending on type of surgery

Ingredients:	Directions:
<p>1-6 large eggs Use 3 quart saucepan</p> <p>7-12 eggs Use 6 or 8 quart saucepan</p>	<p>Fill the pan ¼ full with water. Place eggs gently into the pan in a single layer. Cover with enough water to reach 1 inch above the eggs if cooking 1-6 eggs. If using 7-12 eggs, cover with water to reach 2 inches above the eggs. Turn burner to high. Once the water reaches a full, rolling boil, put lid on pan and turn off burner. Leave the pan on the burner Leave the eggs in the hot water for 10-12 minutes. Remove from burner and start running under cold tap water to cool the eggs and stop the cooking. Or, you can use a medium or large mixing bowl filled with ice water to put the eggs in to stop the cooking process. After 15-20 minutes, take the eggs out and pat dry. Put in the fridge. Use within 7 days.</p>

Nutrition Facts

Per egg:

Amount per serving:

Calories: 78

Total Fat: 5 g

Saturated Fat: 2 g

Total Carbohydrates: 1 g

Dietary Fiber: 0 g

Protein: 6 g

Sodium: 62 mg