DietCloud – Recipe

Recipe Name: Boiled Eggs
Diet Type: Eggetarian
Course:
Cuisine: Indian
Quantity: 2 eggs



Description

These perfectly boiled eggs, served simply with a sprinkle of salt, offer a timeless and nutritious meal or snack. The image displays one whole, peeled egg alongside another perfectly halved, showcasing its firm white and vibrant, golden yolk. This versatile protein powerhouse is ideal for a quick breakfast, a salad topping, or a satisfying snack, embodying simplicity and wholesome goodness.
[PROS]
- Excellent source of high-quality complete protein, essential for muscle repair and satiety.
- Rich in essential vitamins and minerals, including Vitamin D, B12, choline, and selenium.
- Supports brain health and vision due to nutrients like choline and lutein, making them a nutrient-dense food.
[CONS]
- High in dietary cholesterol, which some individuals with specific health conditions may need to monitor.
- Common allergen for some people, requiring caution for those with egg sensitivities.
[DIETITIAN REVIEW]
Boiled eggs are a nutritional powerhouse, offering complete protein and a wealth of micronutrients like choline, Vitamin D, and B12, all crucial for overall health. They are incredibly versatile, budget-friendly, and highly satiating, making them an excellent choice for a balanced diet that supports various health goals. While historically viewed with caution due to cholesterol, current research generally supports their inclusion for most healthy individuals as part of a varied eating pattern. Score: 9/10

Ingredients

Ingredient	Quantity
• Eggs	2
• Salt	to taste

Preparation

• 1.
• Carefully place the two eggs in a small saucepan.
• 2.
• Add enough cold water to fully cover the eggs by at least an inch.

• 3.

• Bring the water to a rolling boil over high heat, then immediately remove the saucepan from the heat, cover it with a lid, and let the eggs sit in the hot water for 9-12 minutes for a firm, hard-boiled consistency.

• 4.

• After the desired time, transfer the eggs to an ice bath or run them under cold water for several minutes to stop the cooking process and make them easier to peel.

• 5.

• Once cooled, gently tap and roll the eggs on a hard surface to crack the shells, then peel them under cold running water for easier removal.

• 6.

• Serve the peeled boiled eggs whole or sliced, seasoned with salt to taste.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
155	13	1.1	11	0	0.6