

Guide to Boiling an Egg

@nutritionwithjudy

In a saucepan, bring water to a boil and then add the eggs carefully.



2

Minutes



3

Minutes



4.5

Minutes



9

Minutes



FUN FACTS WHILE WAITING

- An average hen lays **300-325 EGGS** a year
- As a hen grows older, she produces **LARGER EGGS**
- **LEFTOVER EGG WHITES** can be frozen until ready to use (good for one year)
- To tell if an **EGG IS FRESH**, place it in a glass of water and if it sinks, it's still good
- If you **DROP AN EGG**, sprinkle it heavily with salt for easy clean up