

# Oven Cooked Eggs

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This recipe makes it easy to cook a dozen eggs at once. Eat them right away, or store them to use later. Use these eggs in your favourite recipes that call for hard-boiled eggs or just peel and eat.



## Ingredients:

12 large

Eggs

12 large

## Directions:

1. Preheat oven to 325°F (165°C).
2. Leave eggs in their shells and place one egg in each of the cups in a 12 cup muffin pan.
3. Place the pan in the oven and bake the eggs for 25 minutes.
4. Serve right away, or store to use later.

To store for later:

1. Remove the eggs from the oven and place in a bowl of ice water. Make sure the ice water covers the eggs. Add a dozen ice cubes.
2. After 10 minutes, remove eggs and gently pat dry, rub off any residue from cooking.
3. Place the eggs into a clean container and store in the refrigerator.
4. When ready to eat just peel. Eggs keep at least one week in the refrigerator.

**Makes 6 servings (2 eggs/ 100 g)**

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<b>Nutrition Facts</b>	
Per 1/6 of recipe (2 eggs/ 100 g)	
<b>Amount</b>	<b>% Daily Value</b>
<b>Calories</b> 140	
<b>Fat</b> 10 g	<b>15 %</b>
Saturated 3 g + Trans 0 g	<b>15 %</b>
<b>Cholesterol</b> 370 mg	
<b>Sodium</b> 120 mg	<b>5 %</b>
<b>Carbohydrate</b> 1 g	<b>0 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 1 g	
<b>Protein</b> 12 g	
Vitamin A	15 %
Vitamin C	0 %
Calcium	4 %
Iron	8 %

<b>Nutrient Claim</b>	<b>Amount per serving</b>
Low in sodium	120 mg
Low in potassium	124 mg
High in folate	44 mcg
Source of iron	1.1 mg

<b>Canada's Food Guide Food Group</b>	<b>Food Guide servings per recipe serving</b>
Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	1

This is a Choose Most Often recipe (Meat and Alternatives) according to the Alberta Nutrition Guidelines.

Special equipment needed:

- Muffin tin