

# 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 back into the egg carton 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