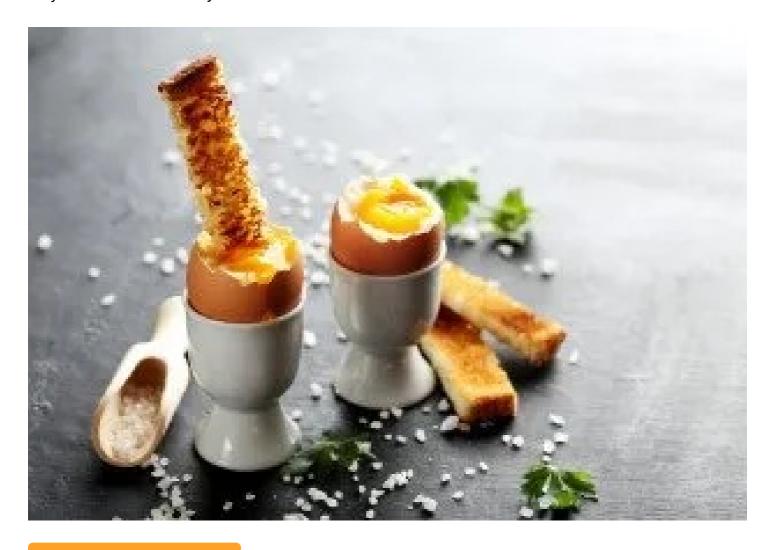# Are boiled eggs good for you?

Categories: Health & Nutrition

Whether it is a soft boiled egg with breakfast or featured in salads, sandwiches and curries, boiled eggs are one of the healthiest and easiest ways to eat eggs. A 60g boiled egg contains only 74 calories or 310 kJ.

Are boiled eggs good for you?