



1 MEDIUM BOILED EGG (55G)

316kJ + 7g protein

Compare the pair

1 MEDIUM EGG (55G) SCRAMBLED (made with cheese and butter)

556kJ + 10g protein



WANT TO KNOW MORE? OUR DIETITIANS ARE HERE TO HELP
Call (03) 9560 1844 or email dietitian@oscarcaregroup.com.au