

InstaPot Hard Boiled Eggs

We have all probably made the traditional hard-boiled eggs over the stove. But have you tried making them in the InstaPot?? It's quick and makes the eggs easy to peel. Hard-boiled eggs are a perfect protein and fat option for an on-the-go breakfast and snack. Place alongside a carbohydrate, such as fruit or whole wheat toast, for a more complete meal.

Ingredients:

12 large Eggs
 1 cup Hot tap water

Directions:

1. Add 1 cup hot tap water to the InstaPot (or pressure cooker- whichever one you have)
2. Place trivet (that came with the InstaPot) in the pot.
3. Place 12 eggs on the trivet.
4. Seal lid and set valve to "sealing."
5. Press "pressure cook" and set the timer to 5 minutes. The screen will only read "ON" until the chamber fills with pressure, then the timer will begin to count down.
6. Once timer goes off, allow the pressure to "Naturally Release" for 5 minutes. Natural release means you take no action, leaving the valve sealed allowing the pressure to release on its own. After 5 minutes, open the valve to release remaining pressure.
7. Place eggs in cold water for 5 minutes. Dump the water and refill with more cold water, allowing the eggs to soak for another 5 minutes. This step is what makes the eggs easy to peel.
8. Store in the fridge and peel as you are ready to eat.

Servings: 12 eggs
 Serving size: 1 large egg

InstaPot Hard Boiled Eggs		
Nutrition Facts		
Serving Size	1 Egg	
Amount Per Serving		
Calories	68.2	
	% Daily Value*	
Total Fat	4.7 g	6 %
Saturated Fat	1.4 g	7 %
Trans Fat	0 g	
Cholesterol	164.1 mg	13 %
Sodium	55.4 mg	2 %
Total Carbohydrate	0.5 g	0 %
Dietary Fiber	0 g	0 %
Total Sugars	0.5 g	
Added Sugars	- g	- %
Protein	5.5 g	
Vitamin D	1 mcg	5 %
Calcium	22.6 mg	2 %
Iron	0.5 mg	3 %
Potassium	55.4 mg	1 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Full Info at cronometer.com		