

## Hardboiled Eggs

1 Ingredient, 2 serves, 12 Minutes Total Time

2 eggs

### Instructions

- Place eggs in a pot large enough to accommodate them and still cover with cold water and a pinch of salt to prevent the shells from cracking.
- Bring to a boil over medium high heat.
- Once the water boils, remove from heat, cover, and set a timer for 12 minutes.
- Prepare an ice bath for the eggs. This will stop the cooking process.
- When the timer goes off, place eggs in the prepared ice bath to cool.

### Nutritional Information (per serving)

Calories	63
Total Fat	4g
Saturated Fat	1g
Cholesterol	164mg
Sodium	62mg
Total Carbohydrate	--
Dietary Fibre	--
Sugars	--
Protein	6g
Calcium	25mg
Iron	1mg
Magnesium	5mg
Phosphorus	87mg
Potassium	61mg
Vitamin C	--
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	--