



Instant Pot Hard-Boiled Eggs



1/12th of recipe (1 egg): 72 calories, 4.5g total fat (1.5g sat. fat), 71mg sodium, 0.5g carbs, 0g fiber, <0.5g sugars, 6g protein

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Prep: 5 minutes **Cook:** 25 minutes



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Ingredients

12 large eggs

Directions

Add 3/4 cup water to an Instant Pot. Place a stainless-steel steamer basket inside the pot.

Add eggs, and seal with lid. Press Manual/Pressure Cook, and set time for 7 minutes.

Once cooked, press Keep Warm/Cancel. Vent to release steam.

MAKES 12 SERVINGS

To Peel: Transfer eggs to a bowl. Cover with ice and cold water. Let sit for at least 20 minutes. Gently crack eggs on the rim of the bowl, and easily peel off the shells!

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