



## Servings

- ✓ As many eggs as desired  
(1 egg per serving recommended)



## Ingredients

- ✓ Eggs (as many as you want)
- ✓ Water
- ✓ Salt, to taste
- ✓ Black pepper, to taste



## Instructions

### 1 Bring the water to a boil

Fill a pot with enough water to fully cover the eggs. Bring it to a gentle boil over medium-high heat.

### 2 Add the eggs

Carefully lower the eggs into the boiling water using a slotted spoon to prevent cracking.

### 3 Cook

Boil the eggs for **5 minutes** for tender whites and creamy, jammy yolks.

### 4 Stop the cooking

Remove the eggs immediately and transfer them to a bowl of cold water. Let them sit for a few minutes until cool enough to handle.

### 5 Peel and serve

Gently crack and peel the eggs. Season with salt and pepper and enjoy.



## Nutritional Breakdown (per 1 large egg)

- Calories: 70 kcal
- Protein: 6 g
- Fat: 5 g
- Carbohydrates: 0.6 g
- Net Carbs: 0.6 g
- Cholesterol: 185 mg
- Sodium: 70 mg (without added salt)
- Vitamin B12: ~20% DV
- Vitamin D: ~6% DV
- Choline: ~30% DV