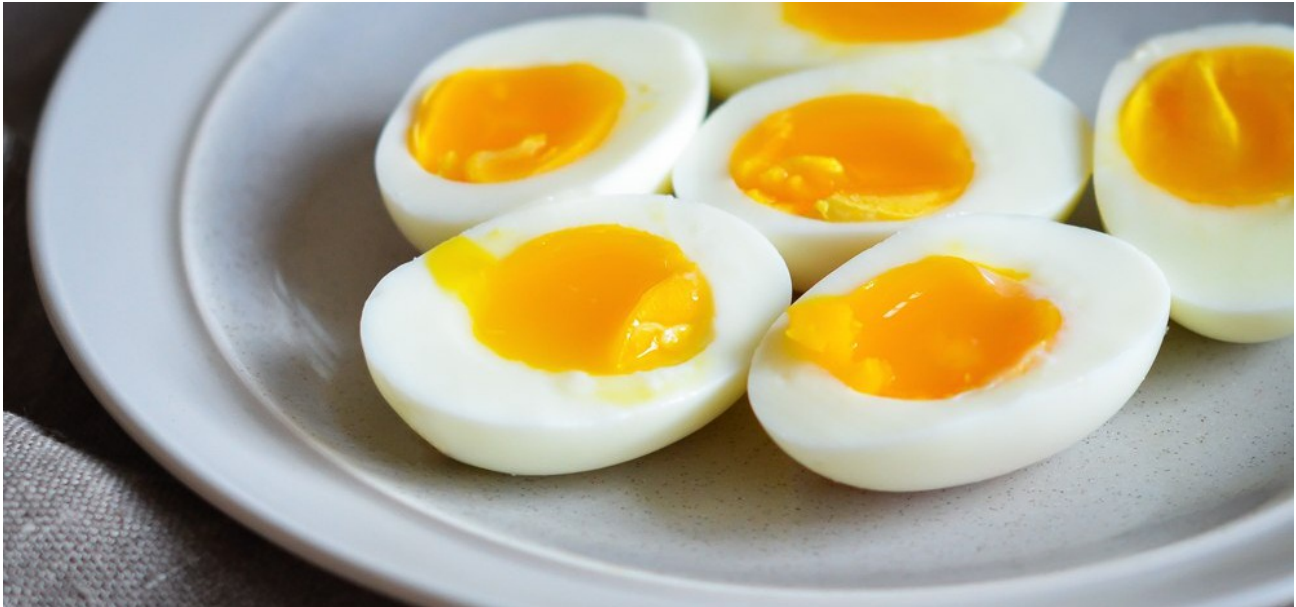


# Soft Boiled Eggs

1 SERVING 7 MINUTES



## INGREDIENTS

2 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Iron	2mg
Fat	10g	Vitamin D	82IU
Carbs	1g	Folate	47µg
Fiber	0g	Magnesium	12mg
Protein	13g	Zinc	1mg
Vitamin C	0mg		

## DIRECTIONS

- 01 Bring to a boil over high heat.
- 02 Place eggs in boiling water. Lower heat to medium and continue to boil for 6-7 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

## NOTES

### RECIPE ID 101

### LEFTOVERS

Refrigerate in a covered container with the shell on for up to 4 days.

### EASIER TO PEEL

Add salt to the water while boiling.