

Easy To Peel Hard-Boiled Eggs

submitted by tylernoble



Per serving: 144 Calories • 0.7g Carbs (0g Fiber) • 9.5g Fat • 12.6g Protein

Ingredients

Ingredients scaled to: 6 eggs

6 large **Egg** (300 grams)

2 tsp **Vinegar** (10 grams)

1 dash **Salt** (0.40 grams)

3 cup **Ice cubes** (711 grams)

Directions

Directions are based on the original recipe of 6 eggs

1. Place the eggs in a saucepan.
2. Cover the eggs with lukewarm water.
3. Add in vinegar and pinch salt.
4. Bring to a full boil over medium heat; boil for 2 minutes (start timing after the water reaches a full boil).
5. Remove from heat cover with a tight lid.
6. Allow the eggs to stand for 11 minutes.
7. Drain the eggs a couple times under very cold water.
8. Cover the eggs with cold water then add in some ice.
9. Allow the eggs to sit in ice water for about 3 minutes.
10. Drain and peel.