

Microwave Poached Eggs

submitted by myjebus



Per serving: 72 Calories • 0.4g Carbs (0g Fiber) • 4.8g Fat • 6.3g Protein

Ingredients

Ingredients scaled to: 2 serving

2 large **Egg** (100 grams)

1/4 tsp **Vinegar** (1.3 grams)

2/3 cup **Water** (156 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Add the water and white vinegar to a 6 ounce custard cup.
2. Break egg into cup, pierce egg yolk with toothpick, and cover dish loosely with plastic wrap.
3. Place in microwave and cook for 1 minute or until desired doneness.
4. You may need to experiment with cooking times based on the wattage of your microwave and taste preference.
5. Immediately remove egg from hot water with a slotted spoon as it will continue to cook.
6. Serve with salt and pepper to taste.