



A Nutrition Resource

# Hard Boiled Eggs

## Pressure Cooker Recipe

**Serving Size: 1 Egg**

**Ingredients:**

- Up to one dozen eggs (12)
- 1 cup water

**Directions:**

- 1) Wash hands and clean surfaces.
- 2) Place trivet or basket inside of pressure cooker.
- 3) Place eggs in one layer on top of trivet or basket.
- 4) Add water to the pot.
- 5) Lock on the lid and turn vent knob to seal position.
- 6) Cook for 5 minutes on high.
- 7) Allow pressure cooker to natural release for 5 minutes, then manually release any remaining steam.
- 8) Open the lid carefully.
- 9) Scoop out eggs with a slotted spoon and place in an ice bath for 5 minutes.
- 10) Peel eggs.
- 11) Serve immediately or store in the refrigerator for up to one week.

### Nutrition Facts

<b>Amount per</b>		
1 serving (3.1 oz)		88 g
<b>Calories</b> 126	<b>From Fat</b> 75	
<b>% Daily Value*</b>		
<b>Total Fat</b> 8.4g		13%
Saturated Fat 2.8g 14%		
Trans Fat 0g		
<b>Cholesterol</b> 327mg		109%
<b>Sodium</b> 125mg		5%
<b>Total Carbohydrates</b> 1g		0%
Dietary Fiber 0g 0%		
Sugars 0g		
<b>Protein</b> 11g		22%
<b>Vitamin A</b> 10%	<b>Vitamin C</b> 0%	
<b>Calcium</b> 5%	<b>Iron</b> 9%	

\* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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#### Tips:

- Eggs are a great, low-cost source of protein. Research indicates that one egg a day is NOT connected to increased heart disease risk. Hard boiled eggs pair well with whole grain toast, fruit, and a glass of milk for a balanced breakfast. Try an egg salad sandwich for lunch or mix up the flavor with a marinated or pickled egg snack!
- Eggs can last 4-6 weeks after the sell-by date. Once hard-boiled, they last up to one week in the refrigerator.

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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