



## Instant Pot Hard-Boiled Eggs



1/12th of recipe (1 egg): 72 calories, 4.5g total fat (1.5g sat fat), 71mg sodium, 0.5g carbs, 0g fiber, <0.5g sugars, 6g protein

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 0\***

**Purple Plan [SmartPoints](#)® value 0\***

**Prep:** 5 minutes    **Cook:** 25 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

12 large eggs

### Directions

Add 3/4 cup water to an Instant Pot. Place a stainless-steel steamer basket inside the pot.

Add eggs, and seal with lid. Press Manual/Pressure Cook, and set time for 7 minutes.

Once cooked, press Keep Warm/Cancel. Vent to release steam.

MAKES 12 SERVINGS

**To Peel:** Transfer eggs to a bowl. Cover with ice and cold water. Let sit for at least 20 minutes. Gently crack eggs on the rim of the bowl, and easily peel off the shells!

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.