

# Zack's Perfect Easy Peel Hard Boiled Eggs

Time to prepare: 20 minutes

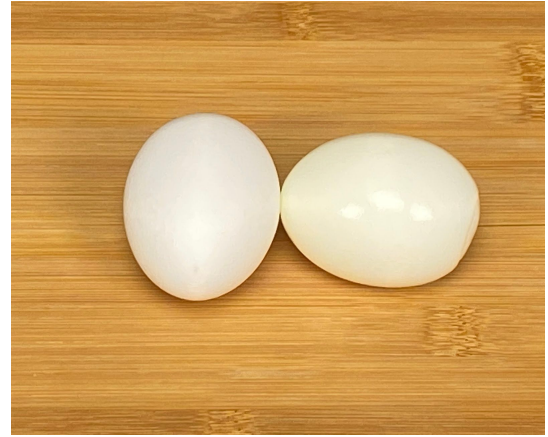
Be sure to check out our step by step video at:  
<https://youtu.be/2T15zBDiRTg>

## You will need:

- Large pot with a lid
- Slotted spoon
- Large bowl
- Large eggs - 1 week old preferred
- ¼ tsp salt
- 1 tbsp white vinegar
- Water
- 2-3 cups of Ice

## Preparation

1. Find a pot that will accommodate the amount of eggs you wish to boil without overcrowding.
2. Add about 4 inches of cold water (enough to ensure that eggs will be fully submerged when added later) and add the salt and vinegar.
3. Heat water on high until it just starts to boil.
4. Add in eggs to the boiling water using the slotted spoon. Cover, reduce heat to just above



low for a gentle boil and set the timer for 13 minutes (adjust time as necessary depending on your altitude, size of eggs and desired doneness, typically 12-14 minutes).

5. While eggs are boiling, prepare an ice bath, (For a dozen eggs use a large bowl with approximately 2-3 cups of water and filled half full of water).
6. As soon as the eggs are done, immediately remove them from the pot using a slotted spoon and place them in the ice bath for 15-20 minutes to cool.
7. Dry eggs and store unpeeled or peeled in the fridge for up to a week.

## Peeling the eggs

1. Gently tap the wide end and narrow end of the egg until cracked.
2. Gently roll egg between your hand and a hard surface like a countertop to loosen the shell.
3. Start at the large end and begin peeling the egg, getting under the membrane to allow the peel to easily pull away from the egg.

## Macros:

1 Large Hard Boiled Egg: Calories:78

Protein:6.3g

Fat:5.3g

Net Carbs:0.6g