

# Poached Eggs

4 Servings

## **Ingredients:**

4 large eggs

1/4 cup distilled white vinegar

## **Directions:**

Break each egg into a small bowl. Fill a large, straight-sided skillet or Dutch oven with 2 inches of water; bring to a boil. Add vinegar. Reduce to a gentle simmer: the water should be steaming and small bubbles should come up from the bottom of the pan.

Submerging the lip of each bowl into the simmering water, gently add the eggs, one at a time.

Cooking for 4 minutes for soft set, 5 minutes for medium set and 8 minutes for hard set. Using a slotted spoon, transfer the eggs to a clean dish towel to drain for a minute.

## **Nutritional Information:**

*One Serving*

Calories: 74

Cholesterol: 211mg

Carbohydrates: 0g

Fat: 5g

Sodium: 147mg

Dietary Fiber: 0g

Protein: 6g

*Source: [www.cooking.com](http://www.cooking.com)*