

Perfect Boiled Eggs served with Mayo



When hungry and have just a few minutes to spare opt for the scrumptious low-carb boiled eggs served enticingly with homemade mayonnaise and ripe avocado!

Ingredients for 2 serving (US/Metric)

- 3.5 *pieces* Eggs
- 3.5 *tbsp* Mayonnaise

Nutrition (US/Metric)

- **Protein:** 13%
- **Fat:** 86%
- **Net carbs:** 1%

Instructions

1. Bring a pot of water to boil.
2. (optional step) Using an egg-piercer, poke dot-like holes in the eggs to save them from cracking during the cooking process.
3. Softly put the eggs into the boiling water.
4. If you want soft-boiled eggs then cook for 5-6 minutes, for medium-boiled eggs cook for 6-8 minutes and hard-boiled eggs cook for 8-10 minutes.
5. Relish your boiled eggs with mayo!