



Instant Pot Poached Eggs

Active Time: 1 minute | **Total Time:** 10 minutes | **Serves:** 1

Nutrition Information Per Serving

70 calories, 0 g carbohydrate, 0 g fiber, 0 g NET carbs, 7 g protein, 5 g fat

Ingredients

- 1 egg egg
- 1 Tbsp cold water

Preparation

1. Add 1 cup cold water to Instant Pot. Spray a silicone mold with cooking spray.
2. Add 1 Tbsp cold water into the well of the silicone mold. Crack one egg in it. Repeat with the remaining wells, if you desire to make multiple poached eggs.
3. Cover molds with a lid or foil. Can also be left uncovered if cooking only 1 tray. Place mold on a trivet with handles. Place trivet with egg mold inside the Instant Pot. If don't have one with handles then carefully place mold in Instant Pot on a trivet.
4. Close and lock the lid. Set the valve to sealing. For a 6-quart Instant Pot: Cook on HIGH Pressure for 3 minutes; For an 8 quart Instant Pot: On LOW Pressure for 4 minutes.
5. Release pressure immediately. Carefully remove trivet with mold, open the lid and use a small silicone to remove the poached egg.
6. Serve immediately.

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