

# Hard Boiled Eggs in the Air Fryer

Quick & easy protein rich snack!



 3 servings  5 min prep; 20 minute cook time

## INGREDIENTS

6 whole, large eggs (preferably at least 1 week old)

Water

Ice

\*You can make more or less eggs, just want to make sure the eggs are not crowded in the air fryer

## DIRECTIONS

1. Heat air fryer to 250 degrees
2. Once heated, place eggs in a single layer in the air fryer.
3. Cook 16-17 minutes
4. Remove eggs and place in an ice bath (bowl filled with cold water and ice cubes) immediately to stop cooking for at least 5 minutes. Change the ice water as needed- shells are easier to remove when the egg is still a little warm
5. Gently tap hard boiled eggs on the top, bottom and sides of the shell to break

6. Peel shell off egg starting at the top or bottom

Nutrition  
Facts

Serving Size:  
2 Eggs

Calories 78

Amount	% Daily Value*	Amount	% Daily Value*
<b>Total Fat</b> 5.3g	8%	<b>Total Carbs</b> 1g	0%
<b>Saturated</b> 1.6g	8%	<b>Dietary Fiber</b> 0g	1%
<b>Cholesterol</b> 187 mg	62%	<b>Sugars</b> 1g	
<b>Sodium</b> 62 mg	3%	<b>Protein</b> 6g	13%
<b>Calcium</b> 3%	<b>Iron</b> 3%	<b>Vitamin A</b> 5%	<b>Vitamin C</b> 0%

\*Percent Daily Values are based on a 2000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.