



## Egg in a Cup

READY IN



4 min.

SERVINGS



2

CALORIES



207 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter softened
- 2 eggs
- 2 servings salt and pepper to taste
- 15 saltines

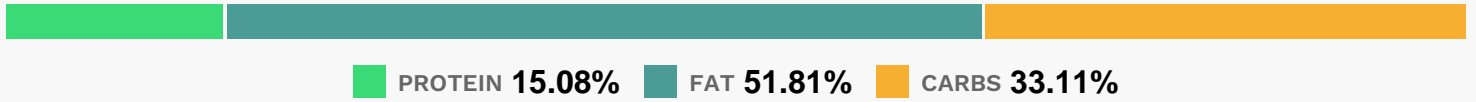
### Equipment

- pot

### Directions

- Bring a pot of water to a boil.
- Add eggs, and cook for 3 minutes. The yolks need to be runny. While the eggs cook, crush the crackers into two coffee mugs with the butter. When the eggs are done, remove from the water, and peel.
- Place one soft-boiled egg into each cup.
- Mix into the crackers, and season with salt and pepper.

## Nutrition Facts



### Properties

Glycemic Index:25, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.4039129899896%

### Nutrients (% of daily need)

Calories: 207.16kcal (10.36%), Fat: 11.81g (18.16%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.34g (5.94%), Sugar: 0.46g (0.51%), Cholesterol: 178.73mg (59.58%), Sodium: 513.01mg (22.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Selenium: 15.9µg (22.71%), Vitamin B2: 0.31mg (18.41%), Folate: 51.04µg (12.76%), Vitamin B1: 0.18mg (11.73%), Iron: 2.03mg (11.26%), Phosphorus: 111.75mg (11.18%), Manganese: 0.2mg (10.07%), Vitamin A: 412.76IU (8.26%), Vitamin B5: 0.79mg (7.89%), Vitamin B3: 1.48mg (7.42%), Vitamin B12: 0.42µg (7.06%), Vitamin K: 6.34µg (6.04%), Vitamin E: 0.88mg (5.89%), Vitamin D: 0.88µg (5.87%), Zinc: 0.73mg (4.86%), Vitamin B6: 0.09mg (4.72%), Copper: 0.06mg (3.16%), Calcium: 30.72mg (3.07%), Potassium: 96.64mg (2.76%), Magnesium: 10.6mg (2.65%), Fiber: 0.63g (2.52%)