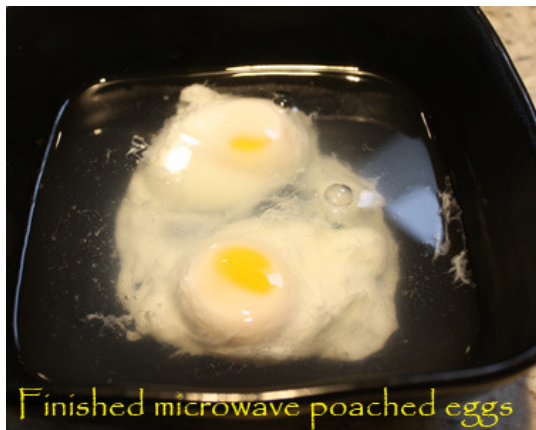

Microwave Poached Egg

Food52



Servings: 1

1. Add water to a mug (or bowl if doing two) with water, stir in vinegar, crack an egg into the mug, cover with a top (I used a plate) and microwave for 45 seconds.
2. Look to see if it's done. If not, add another 10-20 seconds and check again. Depending on the voltage of the microwave it could take longer, or shorter time. Drain using a slotted spoon and serve.

a bowl or wide cup

water to fill about half way, approximately 1/2 cup

1/2 tablespoon white vinegar

1 large egg, or two

Per Serving (excluding unknown items): 75 Calories; 5g Fat (61.1% calories from fat); 6g Protein; 1g Carbohydrate; 0g Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 1 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com