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Microwave Poached Eggs ♦

Microwave poached eggs are a quick and easy way to enjoy a delicious breakfast. This method allows you to make perfectly poached eggs in minutes without the hassle of using a stove. The eggs are cooked in the microwave, resulting in a tender and runny yolk, perfect for dipping toast or topping off salads.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 2 mins

Total Time: 7 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

2
pieces Eggs

2 tbsp Water

1 pinch Salt

Directions

Step 1

Microwaving

Fill a microwave-safe bowl with water and add a pinch of salt.

Prep Time: 1 mins

Cook Time: 1 mins

Step 2

Microwaving

Crack the eggs into the bowl, making sure they are fully submerged in the water.

Prep Time: 1 mins

Cook Time: 1 mins

Step 3

Microwaving

Cover the bowl with a microwave-safe plate or microwave-safe plastic wrap.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Microwaving

Microwave on high for 1 minute, then check the eggs. If they are not fully cooked, continue microwaving in 15-second intervals until desired doneness is reached.

Prep Time: 0 mins

Cook Time: 1 mins

Step 5

Carefully remove the bowl from the microwave using oven mitts or a towel. Use a slotted spoon to transfer the poached eggs to a plate.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Season with salt and pepper, if desired. Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 143 kcal

Fat: 10 g

Protein: 13 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	13 g	76.47%	76.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	372 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	82 mcg	546.67%	546.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	124 mg	5.39%	5.39%
Calcium	5 mg	0.5%	0.5%
Iron	8 mg	100%	44.44%
Potassium	138 mg	4.06%	5.31%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	26 mcg	47.27%	47.27%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Kitchen Tools

Slow Cooker

Course

Appetizers Side Dishes Drinks Salads Snacks

Cultural

Chinese New Year Diwali Thanksgiving Christmas Easter Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30

Difficulty Level

Easy

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