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Poached Egg and Ham Toast

A delicious and hearty breakfast option, the Poached Egg and Ham Toast is a classic combination of poached eggs, ham, and toast. The eggs are cooked gently in simmering water until the whites are set and the yolks are still runny. The ham adds a savory and salty flavor, while the toast provides a crispy base. This recipe is perfect for a leisurely weekend brunch or a quick and satisfying weekday breakfast.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 Eggs
pieces

4 slices ham

4 slices bread

2 tbsp butter

1 tsp	Salt
1 tsp	Pepper
2 tbsp	vinegar

Directions

Step 1

Boiling

Fill a large saucepan with water and bring it to a simmer over medium heat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 2

Preparation

Crack the eggs into separate small bowls or ramekins.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Preparation

Add vinegar to the simmering water and stir gently to create a slight whirlpool effect.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Cooking

Carefully slide each egg into the simmering water, one at a time.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Toasting

While the eggs are cooking, toast the bread slices until golden brown.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Preparation

Spread butter on the toasted bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Preparation

Place a slice of ham on each buttered toast slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Preparation

Using a slotted spoon, carefully remove the poached eggs from the water and place them on top of the ham slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 9

Preparation

Season the eggs with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Serving

Serve the Poached Egg and Ham Toast immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 240 kcal

Fat: 10 g

Protein: 18 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	18 g	105.88%	105.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	340 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	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers Main Dishes Side Dishes Salads

Difficulty Level

Medium

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