



Healthdor

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Egg in a Cup

Egg in a Cup is a simple and delicious breakfast recipe. It consists of a single egg cooked in a cup, making it easy to prepare and enjoy. This recipe is perfect for busy mornings or when you want a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 10 mins

Total Time: 15 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

1 piece	Egg
0.25 teaspoon	salt
0.25 teaspoon	pepper
1 teaspoon	butter

Directions

Step 1

Preheating

Preheat the oven to 350°F (175°C).

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Preparation

Grease a cup with butter.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Cooking

Crack the egg into the cup.

Prep Time: 1 mins

Cook Time: 5 mins

Step 4

Seasoning

Season with salt and pepper.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Baking

Bake in the preheated oven for 10 minutes.

Prep Time: 0 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 78 kcal

Fat: 5 g

Protein: 6 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

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	2 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	186 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	6 iu	0.67%	0.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	0 mg	0%	0%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	62 mg	2.7%	2.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	69 mg	2.03%	2.65%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Snack Dinner Supper

Course

Drinks Salads Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

Difficulty Level

Easy

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