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Poached Eggs on Toast

Poached Eggs on Toast is a classic breakfast dish where eggs are gently cooked in simmering water and served on top of toasted bread. It is a simple and delicious way to start the day.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 Eggs
pieces

2 slices bread

2 tbsp butter

0.5 tsp Salt

0.5 tsp Black pepper

2 tbsp Chives

Directions

Step 1

Boiling

Fill a large saucepan with water and bring it to a gentle simmer.

Prep Time: 0 mins

Cook Time: 5 mins

Step 2

Preparation

Crack the eggs into separate small bowls or ramekins.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Cooking

Carefully slide each egg into the simmering water and cook for 3-4 minutes for a soft poached egg.

Prep Time: 0 mins

Cook Time: 4 mins

Step 4

Toasting

While the eggs are cooking, toast the bread slices and spread butter on them.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Plating

Remove the poached eggs from the water using a slotted spoon and place them on top of the buttered toast.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Seasoning

Season the eggs with salt, black pepper, and chopped chives.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the poached eggs on toast immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 145 kcal

Fat: 7 g

Protein: 8 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	14 g	25.45%	28%
Fibers	1 g	2.63%	4%
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	4 g	18.18%	23.53%
Fat	7 g	25%	28%
Cholesterol	186 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	120 mg	3.53%	4.62%
Zinc	4 mg	36.36%	50%
Selenium	13 mcg	23.64%	23.64%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Course

Breads Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Difficulty Level

Medium

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