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[Air Fryer Poached Eggs – The Easiest, Cleanest & Fool-Proof Breakfast Recipe \(2025\)](#)

Preparing poached eggs has never been this effortless! With the Air Fryer Poached Eggs method, you skip the mess, skip the guesswork, and enjoy perfectly set whites with rich, runny yolks in just 9 minutes. This modern technique is ideal for busy mornings, meal prep lovers, or anyone craving a healthy, protein-packed breakfast without hassle.

Whether you're making a quick brunch or building the perfect avocado toast, these poached eggs will upgrade your breakfast game—every single time.

[□ Why You'll Love This Recipe](#)

- No boiling water or vinegar needed
- 9-minute total cook time
- Zero mess, zero stress
- Perfect for keto, low-carb, gluten-free, and high-protein diets
- Consistently gives restaurant-quality results

Ingredients & Equipment

Ingredients

- 4 medium eggs (adjust as needed)
- ½ tsp olive oil (for brushing or spraying ramekins)
- ¼ tsp salt
- ¼ tsp pepper
- ½ tsp chopped parsley (optional garnish)

Equipment

- Air Fryer
- 4 ramekins
- Microwave-safe cup (for heating water)



Air fryer Poached Eggs

How to Make Air Fryer Poached Eggs

- Step 1: Heat Your Water
 - Microwave 1 cup of water for 2 minutes until very hot. Increase the water amount if cooking more eggs.
- Step 2: Prep the Ramekins
 - Lightly brush the bottom of each ramekin with olive oil.
Place them in your air fryer and preheat to 390°F (200°C) for 5 minutes.
- Step 3: Add the Eggs
 - Carefully remove the basket.
Crack one egg into each hot ramekin.
Pour 2-3 tablespoons of hot water over each egg—watch the egg whites begin to set instantly!
- Step 4: Air Fry
 - Air fry at 360°F (180°C) for 4-5 minutes:
 - 4 minutes → runny yolk
 - 5 minutes → slightly cooked yolk
 - Cooking times may vary slightly based on your air fryer model.
- Step 5: Serve
 - Carefully remove hot ramekins (use gloves).
Gently slide out the poached eggs and top with:
 - ✓ Salt
 - ✓ Pepper
 - ✓ Parsley
 - Serve immediately for best taste and texture.

Expert Tips (Must Read!)

- Room-temperature eggs cook faster. If using cold eggs, add 1 extra minute.
- Avoid silicone molds—they prevent proper cooking.
- Forgot to preheat? Add 2 extra minutes.
- Large eggs need slightly more time.
- Poached eggs do not store well—always serve fresh.

Nutrition (Per Serving)

- Calories: 69
- Protein: 6g
- Fat: 5g
- Carbs: 1g
- Cholesterol: 164mg
- Sodium: 182mg
- Vitamin A: 291 IU
- Iron: 1mg
- A perfect low-calorie, high-protein breakfast!

Final Thoughts

These Air Fryer Poached Eggs are a total game-changer for breakfast lovers. No swirling water, no broken yolks—just perfectly poached eggs ready in minutes. Try them once, and this will become your go-to morning recipe!

More Best recipes To must cook:

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