



Air Fryer Egg and Toast

Description

This 3 ingredient [breakfast](#) is a staple around here! Ready in less than 10 minutes and so hearty and filling.

- Prep Time 2 minutes mins
- Cook Time 8 minutes mins
- Total Time 10 minutes mins

Ingredients

- 2 slices bread
- 2 large eggs
- ¼ cup shredded cheese optional
- Salt and pepper to taste

Instructions

1. Use the bottom of a glass to make an indentation in the slices of bread.
2. Place the bread in the [air fryer](#) basket, and carefully crack the egg into the indentation you created. Sprinkle with salt and pepper.
3. Air fry at 330 degrees for 5 minutes.
4. Sprinkle with cheese if desired and continue cooking for 3 minutes or until eggs are as cooked as you'd like. See notes below for timing.

Notes

All air fryers cook a bit differently. Our Instant Vortex cooked soft eggs with a runny yolk and set whites in 7 minutes at 330 degrees. It took 8 minutes for more medium eggs and 9 minutes for hard. Making a wider indentation in the bread to allow the egg to spread out more will help the egg whites cook through

in the allotted time.

Nutrition

Serving: 1g | Calories: 212kcal | Carbohydrates: 16g | Protein: 12g | Fat: 11g | Saturated Fat: 4g | Polyunsaturated Fat: 5g | Cholesterol: 200mg | Sodium: 463mg | Fiber: 1g | Sugar: 2g

Category

- 1. Air Fryer Recipes

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