

Prep Time: 2 minutes

Cook Time: 4–6 minutes

Total Time: 6–8 minutes

Yield: 2 eggs (1 serving)

Difficulty: Easy

Intensity Level: Low (minimal hands-on effort)

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Introduction

Sunny-side up eggs are a breakfast classic — golden yolks, tender whites, and a satisfying richness that pairs with almost anything. Traditionally, they're made in a skillet with a little

butter or oil, but the air fryer offers a hands-off, low-mess alternative that delivers consistently good results with almost no cleanup.

The air fryer circulates hot air around the eggs, cooking the whites gently while keeping the yolks runny. The key is using a small heatproof dish or ramekin so the eggs hold their shape, and keeping the temperature moderate so the tops of the whites set without the yolks hardening. This recipe is perfect for busy mornings, meal prep, or anyone who wants a fuss-free breakfast with reliable results.

Whether you're serving them on toast, alongside bacon, or over a bed of greens, these air fryer eggs are simple, quick, and endlessly adaptable.

Ingredients

- 2 large eggs (fresh is best)
- 1 teaspoon butter, ghee, or olive oil (for greasing)
- Salt, to taste
- Freshly ground black pepper, to taste
- Optional: pinch of paprika, red pepper flakes, or chopped chives for garnish

Equipment:

- Air fryer
 - Small heatproof ramekin, ceramic dish, or silicone egg mold (about 4-5 inches wide)
 - Fork or small whisk
 - Oven mitts
 - Spatula (optional, for serving)
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Instructions

Step 1: Preheat the Air Fryer (1-2 minutes)

Preheat your air fryer to 320°F (160°C) for 1-2 minutes. Preheating helps the eggs cook evenly from the start and prevents the whites from spreading or sticking.

Note: If your air fryer doesn't have a preheat function, simply run it empty for 1-2 minutes at the same temperature.

Step 2: Prepare the Dish (30 seconds)

Grease the inside of your ramekin or heatproof dish generously with butter, ghee, or olive oil. Make sure to coat the bottom and the lower sides to prevent sticking. If you're using a silicone mold, a light spray of cooking oil works well too.

Step 3: Crack the Eggs (30 seconds)

Crack one egg into a small bowl first to check for shell fragments, then gently slide it into the greased ramekin. Repeat with the second egg. Be careful not to break the yolks — you want them intact for that classic sunny-side up look.

Tip: If your ramekin is small, you may need to cook the eggs one at a time. Use a dish wide enough to hold both eggs without them touching too much.

Step 4: Season (15 seconds)

Sprinkle a pinch of salt and freshly ground black pepper over the eggs. If you like a little heat or extra flavor, add a dash of paprika or red pepper flakes now.

Step 5: Air Fry (4-6 minutes)

Place the ramekin into the air fryer basket. Cook at 320°F (160°C) for 4-6 minutes, depending on how you like your yolks:

- 4 minutes: Very runny yolks, soft whites
- 5 minutes: Runny yolks, fully set whites (recommended)
- 6 minutes: Jammy yolks, firm whites

Important: Do not shake the basket during cooking. The eggs need to stay still to keep their shape.

Step 6: Check for Doneness (15 seconds)

Open the air fryer and gently jiggle the ramekin. The whites should be opaque and set, while the yolks should still wobble slightly. If the whites are still translucent, cook for another 30–60 seconds.

Note: Air fryer models vary in power and size. Start checking at 4 minutes the first time you make this recipe and adjust from there.

Step 7: Rest and Serve (30 seconds)

Carefully remove the ramekin from the air fryer using oven mitts — it will be hot. Let the eggs rest for 30 seconds to finish setting. Use a spatula to gently lift the eggs onto a plate, or serve them directly in the ramekin if you prefer.

Garnish with chopped chives or a extra crack of black pepper if desired.

Tips for Perfect Air Fryer Sunny-Side Up Eggs

1. Use fresh eggs. Fresh eggs have tighter whites that hold their shape better in the air fryer.
2. Grease generously. The air fryer's circulating air can cause sticking, so don't skip the butter or oil.
3. Keep the temperature moderate. High heat (above 350°F) can cause the tops of the eggs to brown or the yolks to set too quickly.

4. Don't overcrowd. Cook only as many eggs as fit comfortably in your dish without overlapping.
 5. Check early. Every air fryer is different — start checking at 4 minutes to avoid overcooking.
 6. Use a ramekin, not the basket directly. Cracking eggs directly into the air fryer basket will cause them to spread and stick.
 7. Add cheese or herbs. For a variation, sprinkle shredded cheese or fresh herbs over the eggs during the last minute of cooking.
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Variations

- Cheesy Eggs: Sprinkle 1 tablespoon of shredded cheddar or Parmesan over the eggs before cooking.
- Herb Garden Eggs: Add chopped basil, parsley, or dill before serving.
- Spicy Eggs: Drizzle with hot sauce or sprinkle with chili powder.
- Butter-Basted Style: Add a small pat of butter on top of each egg before air frying for a richer flavor.

- Eggs on Toast: Serve over buttered sourdough, avocado toast, or a bagel.
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Serving Suggestions

Air fryer sunny-side up eggs are incredibly versatile. Serve them:

- On toasted bread with avocado and everything bagel seasoning
 - Alongside crispy bacon, sausage, or turkey slices
 - Over a bowl of rice with soy sauce and sesame oil (a quick take on a breakfast rice bowl)
 - With roasted vegetables or a simple green salad for a light lunch
 - As part of a breakfast burrito or sandwich
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Storage and Reheating

Storage: Sunny-side up eggs are best enjoyed fresh. If you have leftovers, store them in an airtight container in the refrigerator for up to 1 day. The yolks will continue to set as they cool.

Reheating: Reheating eggs can be tricky because the yolks can overcook. The best method is to place them back in the air fryer at 300°F (150°C) for 1-2 minutes, or until just warmed through. Avoid microwaving, as it tends to make the eggs rubbery.

Nutrition Information

Per serving (2 eggs, cooked with 1 teaspoon butter)

- Calories: 220
- Total Fat: 17 g
- Saturated Fat: 6 g
- Cholesterol: 375 mg
- Sodium: 180 mg
- Total Carbohydrates: 1 g
- Dietary Fiber: 0 g
- Total Sugars: 0 g

- Protein: 13 g

- Vitamin D: 2 mcg

- Calcium: 56 mg

- Iron: 1.8 mg

- Potassium: 138 mg