



Baked Eggs and Beans on Toast

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



652 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 30 ounce navy beans drained and rinsed undrained canned 1 ; 1
- ☐ 4 slices top thick
- ☐ 8 large eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 cups grape tomatoes halved
- ☐ 1 tablespoon dijon honey mustard
- ☐ 4 servings kosher salt and pepper freshly ground

- ☐ 2 tablespoons olive oil extra-virgin plus more for brushing
- ☐ 0.5 small onion chopped
- ☐ 2 teaspoons steak sauce
- ☐ 1 tablespoon tomato paste

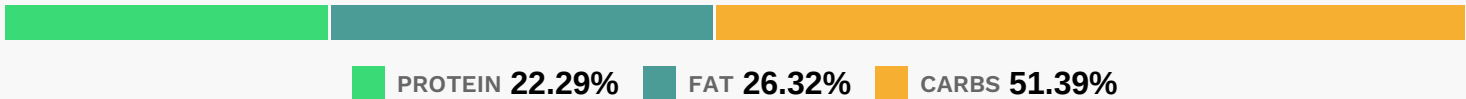
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Heat 1 1/2 tablespoons olive oil in a large ovenproof skillet over medium-high heat.
- ☐ Add the onion and cook, stirring, until golden, about 5 minutes.
- ☐ Add the tomato paste and cook, stirring, 1 more minute. Stir in the vinegar, honey mustard, Worcestershire sauce, 1/2 cup water, and salt and pepper to taste. Bring to a simmer, then add the beans, plus the liquid from one of the cans. Cook until the beans are soft, about 5 more minutes.
- ☐ Make eight indentations in the bean mixture and crack an egg into each.
- ☐ Sprinkle with salt and pepper and transfer to the oven.
- ☐ Bake until the egg whites are set, 10 to 14 minutes.
- ☐ Meanwhile, heat a large skillet over medium-high heat.
- ☐ Brush the bread with olive oil on both sides and toast in the skillet, 1 minute per side. Toss the tomatoes, parsley, the remaining 1/2 tablespoon olive oil, and salt and pepper to taste in a bowl. Divide the toast among plates; top each with 2 eggs, some beans and the tomato salad.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:65.63, Glycemic Load:26.88, Inflammation Score:-9, Nutrition Score:39.110869283262%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 652.15kcal (32.61%), Fat: 19.18g (29.51%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 84.27g (28.09%), Net Carbohydrates: 70.69g (25.71%), Sugar: 7.85g (8.72%), Cholesterol: 372mg (124%), Sodium: 1769.65mg (76.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.56g (73.12%), Selenium: 61.62µg (88.03%), Vitamin K: 79.03µg (75.27%), Folate: 276.8µg (69.2%), Manganese: 1.29mg (64.71%), Phosphorus: 578.43mg (57.84%), Vitamin B1: 0.83mg (55.57%), Fiber: 13.58g (54.33%), Vitamin B2: 0.88mg (51.61%), Iron: 8.97mg (49.84%), Magnesium: 145.81mg (36.45%), Copper: 0.69mg (34.29%), Potassium: 1105.49mg (31.59%), Vitamin A: 1540.03IU (30.8%), Vitamin E: 4.46mg (29.72%), Vitamin B6: 0.54mg (26.98%), Zinc: 3.81mg (25.39%), Vitamin B3: 4.84mg (24.21%), Vitamin C: 18.6mg (22.54%), Vitamin B5: 2.21mg (22.1%), Calcium: 209.21mg (20.92%), Vitamin B12: 0.89µg (14.83%), Vitamin D: 2µg (13.33%)