



Grilled Breakfast Steak Over Fried Egg and Beans



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon ancho chili powder
- ☐ 21 ounce black bean fiesta bush's grillin' beans canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 large eggs with yoke, seasoned with salt and pepper
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 pound breakfast steak thinly sliced

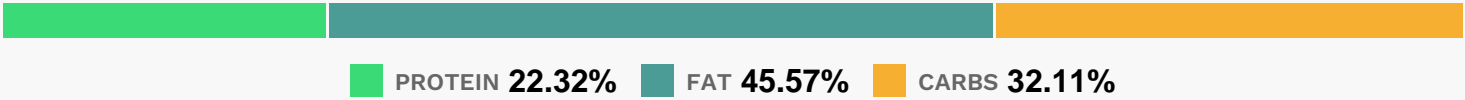
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Place steak, oil, salt, pepper and Ancho chili powder into a large zip top bag. Rub around to coat seasonings on steak.
- ☐ Let marinate for 30 minutes up to overnight.Preheat indoor or outdoor grill to medium high heat.
- ☐ Place steaks onto grill and grill for 2 minutes per side, until cooked through. Steaks are very thin, so just take minutes to grill.
- ☐ Remove and let rest for 10 minutes.
- ☐ Place warm beans into a bowl and top with a fried egg and grilled breakfast steak.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:6.72, Inflammation Score:-7, Nutrition Score:18.982608650042%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 434.4kcal (21.72%), Fat: 22.34g (34.37%), Saturated Fat: 5.64g (35.26%), Carbohydrates: 35.43g (11.81%), Net Carbohydrates: 22.41g (8.15%), Sugar: 0.01g (0.01%), Cholesterol: 34.59mg (11.53%), Sodium: 420.9mg (18.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.62g (49.25%), Folate: 223.52µg (55.88%), Fiber: 13.02g (52.1%), Manganese: 0.68mg (33.99%), Zinc: 4.58mg (30.56%), Magnesium: 116.5mg (29.13%), Phosphorus: 290.59mg (29.06%), Vitamin B1: 0.41mg (27.57%), Iron: 4.21mg (23.41%), Selenium: 15.65µg (22.36%), Potassium: 684.63mg (19.56%), Copper: 0.36mg (17.93%), Vitamin B3: 3.54mg (17.72%), Vitamin B6: 0.33mg (16.6%), Vitamin B12: 0.94µg (15.69%), Vitamin E: 1.99mg (13.29%), Vitamin B2: 0.22mg (13.22%), Vitamin K: 9.31µg (8.87%), Calcium:

45.5mg (4.55%), Vitamin B5: 0.36mg (3.63%), Vitamin A: 55.18IU (1.1%)