



Healthy & Delicious: White Bean Puree with Poached Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1030 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving pepper black freshly ground
- ☐ 19 ounce cannellini beans drained and rinsed canned
- ☐ 6 tablespoons chicken broth divided
- ☐ 3 large eggs
- ☐ 2 cloves garlic minced
- ☐ 1 serving kosher salt
- ☐ 1.5 tablespoons olive oil

- ☐ 0.5 tablespoon salt
- ☐ 0.5 tablespoon vinegar

Equipment



- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ immersion blender

Directions

- ☐ Fill a medium saucepan with about 1 quart of water.
- ☐ Add the vinegar and 1/2 tablespoon salt. Bring to a boil.
- ☐ While water is warming, heat olive oil in a medium saucepan over medium heat.
- ☐ Add garlic and cook until fragrant, 30 to 60 seconds, stirring constantly.
- ☐ Pour in beans and 4 tablespoons (1/4 cup) chicken broth. Cook 3 or 4 minutes, until beans are heated through, stirring occasionally. Kill heat. With a food processor or immersion blender, puree bean mixture, adding the last 2 tablespoons of broth as you go along. Salt and pepper to taste. Divide evenly among bowls.
- ☐ Back to the eggs: once water is boiling, drop the heat to a very gentle simmer. Using a slotted spoon, create a gentle whirlpool. Crack 1 or 2 eggs into a cup, and carefully ease it/them into the whirlpool. (It/they should migrate to the center of the pot.) After 3 or 4 minutes, remove egg(s) with the slotted spoon.
- ☐ Drain slightly and place on top of white bean puree. Repeat process with remaining eggs.
- ☐ Salt and pepper to taste.
- ☐ Sprinkle with Parmesan if preferred.
- ☐ Serve.

Nutrition Facts



 PROTEIN **22.68%**  FAT **32.06%**  CARBS **45.26%**

Properties

Glycemic Index:143, Glycemic Load:27.96, Inflammation Score:-9, Nutrition Score:52.30826129084%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1030.22kcal (51.51%), Fat: 37.05g (57%), Saturated Fat: 8.02g (50.13%), Carbohydrates: 117.72g (39.24%), Net Carbohydrates: 91.71g (33.35%), Sugar: 2.57g (2.85%), Cholesterol: 559.8mg (186.6%), Sodium: 4257.46mg (185.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.97g (117.95%), Manganese: 2.98mg (149.22%), Iron: 19.06mg (105.87%), Folate: 420.81µg (105.2%), Fiber: 26.01g (104.02%), Phosphorus: 800.42mg (80.04%), Selenium: 55.93µg (79.91%), Potassium: 2695.15mg (77%), Magnesium: 295.45mg (73.86%), Copper: 1.39mg (69.69%), Vitamin E: 8.9mg (59.31%), Vitamin B2: 0.94mg (55.57%), Zinc: 8.11mg (54.08%), Calcium: 495.08mg (49.51%), Vitamin B1: 0.61mg (40.54%), Vitamin B6: 0.73mg (36.68%), Vitamin B5: 3.34mg (33.41%), Vitamin K: 28.98µg (27.6%), Vitamin B12: 1.35µg (22.55%), Vitamin D: 3µg (20%), Vitamin A: 812.89IU (16.26%), Vitamin B3: 0.96mg (4.81%), Vitamin C: 1.87mg (2.27%)