



Spicy beans on toast



Vegetarian



Dairy Free



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g baked beans canned (we used a lower salt and sugar variety)
- ☐ 4 small slices bread sliced (from a loaf)
- ☐ 2 eggs
- ☐ 0.5 tsp ground coriander
- ☐ 0.5 tsp ground cumin
- ☐ 1 tbsp olive oil
- ☐ 1 onion halved sliced
- ☐ 85 g semi-dried tomatoes from a jar chopped

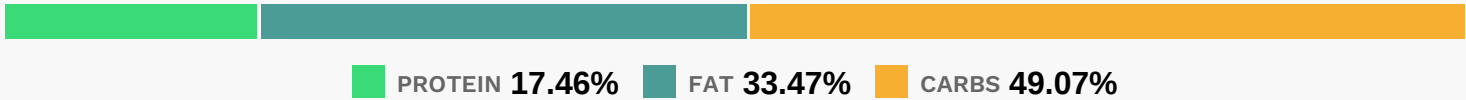
Equipment

☐ frying pan

Directions

- ☐ Put a frying pan of water on to boilfor the eggs, and toast the bread.
- ☐ Heat the oil in a pan, add the onionand gently cook for a few minsuntil it softens.
- ☐ Sprinkle the spicesinto the pan and stir briefly totoast them. Tip in the tomatoesand beans, and warm through.Turn down the heat under thefrying pan so that the water is justsimmering, then crack in the eggsand gently poach them until thewhites are firm but the yolks are stillrunny. Pile the beans onto the toast(you can butter the slices or leavethem plain), place the eggs on topand sprinkle with extra cumin. If youhave any fresh herbs around likecoriander or parsley, you can sprinklethem on, too.

Nutrition Facts



Properties

Glycemic Index:85.67, Glycemic Load:14.45, Inflammation Score:-7, Nutrition Score:19.80130431963%

Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

Nutrients (% of daily need)

Calories: 375.15kcal (18.76%), Fat: 14.71g (22.63%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 35.74g (13%), Sugar: 3.74g (4.15%), Cholesterol: 177.68mg (59.23%), Sodium: 905.4mg (39.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.26g (34.52%), Fiber: 12.77g (51.06%), Manganese: 0.9mg (45.14%), Selenium: 23.9µg (34.15%), Phosphorus: 336.19mg (33.62%), Folate: 111.25µg (27.81%), Iron: 4.92mg (27.31%), Copper: 0.52mg (25.99%), Potassium: 877.28mg (25.07%), Zinc: 3.72mg (24.8%), Magnesium: 87.59mg (21.9%), Vitamin B2: 0.31mg (18.12%), Vitamin C: 14.03mg (17.01%), Calcium: 157.96mg (15.8%), Vitamin B6: 0.31mg (15.36%), Vitamin A: 599.11IU (11.98%), Vitamin B1: 0.18mg (11.8%), Vitamin E: 1.73mg (11.54%), Vitamin B5: 1mg (9.96%), Vitamin K: 8.05µg (7.67%), Vitamin B3: 1.39mg (6.94%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg

(5.87%)