



White Bean Breakfast

READY IN



20 min.

SERVINGS



2

CALORIES



646 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon butter
- 15.5 ounce beans white drained and rinsed canned
- 2 eggs
- 4 cloves garlic minced
- 1 pinch ground turmeric
- 1 teaspoon jalapeno minced to taste
- 2 servings kosher salt to taste
- 1 wedge lemon
- 2 tablespoons olive oil

- 1 teaspoon oregano
- 0.3 teaspoon parmesan cheese grated
- 2 tablespoons pesto
- 2 slices cocktail rye bread toasted

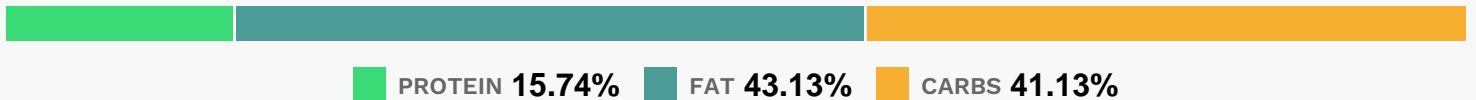
Equipment

- frying pan

Directions

- Melt the butter in a large skillet over medium-high heat. Crack eggs into the melted butter and cook to desired firmness, 5 to 7 minutes.
- Heat 1 tablespoon olive oil in a separate skillet over medium heat; cook the garlic and jalapeno pepper in the hot oil until fragrant, about 2 minutes. Stir the white beans, 2 tablespoons olive oil, oregano, and turmeric into the garlic mixture; cook and stir until the olive oil is mostly absorbed, about 5 minutes. Stir the pesto into the mixture and remove the skillet from the heat; season with salt. Top each slice of rye toast with about half of the bean mixture. Squeeze the lemon wedge over the beans.
- Place one of the fried eggs atop each portion and sprinkle with Parmesan cheese to serve.

Nutrition Facts



Properties

Glycemic Index:115.42, Glycemic Load:19.04, Inflammation Score:-9, Nutrition Score:27.829130545906%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 645.96kcal (32.3%), Fat: 31.39g (48.29%), Saturated Fat: 8.36g (52.24%), Carbohydrates: 67.34g (22.45%), Net Carbohydrates: 53.82g (19.57%), Sugar: 2.95g (3.27%), Cholesterol: 180.47mg (60.16%), Sodium: 658.08mg (28.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.55%), Manganese: 1.57mg (78.39%), Fiber: 13.53g (54.1%), Folate: 203.17µg (50.79%), Iron: 8.97mg (49.82%), Selenium: 28.14µg (40.2%), Phosphorus: 345.53mg (34.55%), Magnesium: 135.88mg (33.97%), Potassium: 1170.85mg (33.45%), Vitamin E: 4.78mg (31.85%), Copper: 0.63mg (31.52%), Calcium: 269.49mg (26.95%), Vitamin B1: 0.39mg (25.76%), Vitamin B2: 0.41mg (24.1%), Zinc: 3.53mg (23.56%), Vitamin K: 22.6µg (21.53%), Vitamin B6: 0.37mg (18.39%), Vitamin A: 768.98IU (15.38%), Vitamin B5: 1.3mg (13.01%), Vitamin C: 9.77mg (11.84%), Vitamin B3: 1.63mg (8.16%), Vitamin B12: 0.41µg (6.86%), Vitamin D: 0.88µg (5.89%)