

# Willem de Kooning's Traditional Dutch Breakfast

READY IN



45 min.

SERVINGS



2

CALORIES



677 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 servings top dark such as pumpernickel
- 0.5 lb deli honey ham sliced
- 2 servings gouda cheese
- 2 servings milk to taste
- 4 poached eggs
- 2 cups freshly tea

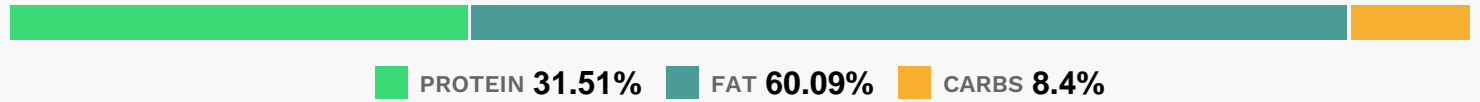
## Equipment

- knife
- bread knife

## Directions

- Place poached eggs and ham on a plate.
- Place the wedge of cheese on a board with a knife. If the bread is sliced, arrange on a plate or serve whole with bread knife.
- Serve tea with milk and sugar.
- The Artist's PalateDK Publishing

## Nutrition Facts



## Properties

Glycemic Index:72.75, Glycemic Load:4.91, Inflammation Score:-9, Nutrition Score:32.116522093182%

## Flavonoids

Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg, Epigallocatechin: 19mg Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg, Epicatechin: 5.03mg Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg, Epicatechin 3-gallate: 13.83mg Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg, Epigallocatechin 3-gallate: 22.09mg Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg, Theaflavin: 3.73mg Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg, Thearubigins: 191.87mg Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg, Kaempferol: 3.33mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg, Theaflavin-3,3'-digallate: 4.13mg Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg, Theaflavin-3'-gallate: 3.56mg Gallocatechin: 2.95mg, Gallocatechin: 2.95mg, Gallocatechin: 2.95mg, Gallocatechin: 2.95mg

## Nutrients (% of daily need)

Calories: 676.84kcal (33.84%), Fat: 44.54g (68.52%), Saturated Fat: 19.72g (123.27%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 13.98g (5.08%), Sugar: 12.82g (14.24%), Cholesterol: 503.79mg (167.93%), Sodium: 1994.56mg (86.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 47.2mg (15.73%), Protein: 52.55g (105.1%), Selenium: 65.61µg (93.73%), Phosphorus: 853.32mg (85.33%), Vitamin B2: 1.11mg (65.4%), Vitamin B1: 0.87mg (57.75%), Calcium: 574.58mg (57.46%), Vitamin B12: 3.22µg (53.59%), Zinc: 6.15mg (40.99%), Vitamin D: 5.63µg (37.52%),

Vitamin B6: 0.75mg (37.44%), Vitamin B5: 3.09mg (30.87%), Manganese: 0.58mg (28.95%), Potassium: 953.11mg (27.23%), Vitamin B3: 5.45mg (27.22%), Vitamin A: 1102.18IU (22.04%), Magnesium: 78.93mg (19.73%), Iron: 2.89mg (16.08%), Folate: 57.73µg (14.43%), Vitamin E: 1.64mg (10.96%), Copper: 0.2mg (10.22%), Vitamin K: 1.73µg (1.65%)