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Poached Egg with Baked Beans on Toast ••

A classic breakfast dish consisting of poached eggs served on top of baked beans and toast. It is a hearty and filling meal that is perfect for starting the day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

4 pieces	Eggs
400 g	baked beans
4 slices	bread
20 g	butter
1 tsp	salt

1 tsp pepper

Directions

Step 1

Toasting

Toast the bread slices until golden brown.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Heating

Heat the baked beans in a saucepan over medium heat.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Poaching

Poach the eggs in a pot of simmering water for 3-4 minutes.

Prep Time: 5 mins

Cook Time: 4 mins

Step 4

Spreading

Spread butter on the toasted bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Assembling

Place the poached eggs on top of the baked beans.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Seasoning

Season with salt and pepper to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 340 kcal

Fat: 5 g

Protein: 20 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	10 g	26.32%	40%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	180 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Kitchen Tools

Slow Cooker Blender

Nutritional Content

Low Calorie

Cuisines

Italian Indian American

Course

Appetizers Main Dishes Side Dishes Snacks

Cultural

Chinese New Year Diwali Hanukkah Easter

Cost

Under \$10

Difficulty Level

Medium

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