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Poached Eggs with Black Beans and Spinach ♦

This recipe combines the richness of poached eggs with the heartiness of black beans and the freshness of spinach. It's a nutritious and delicious dish that can be enjoyed for breakfast, brunch, or any meal of the day.

Recipe Type: Vegetarian

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 units	Eggs
200 g	Black Beans
150 g	spinach
1 tsp	salt

1 tsp	pepper
2 tbsp	olive oil
2 cloves	garlic

Directions

Step 1

Sautéing

Heat olive oil in a pan over medium heat. Add minced garlic and sauté until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stirring

Add black beans to the pan and cook for 5 minutes, stirring occasionally.

Prep Time: 0 mins

Cook Time: 5 mins

Step 3

Stirring

Add spinach to the pan and cook until wilted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Poaching

Bring a pot of water to a simmer. Crack the eggs into separate ramekins or small bowls. Carefully slide each egg into the simmering water and poach for 3-4 minutes, or until the whites are set but the yolks are still runny.

Prep Time: 5 mins

Cook Time: 4 mins

Step 5

Remove the poached eggs from the water using a slotted spoon and place them on top of the black bean and spinach mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Season with salt and pepper to taste. Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
Cholesterol	370 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	40 iu	4.44%	5.71%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	3 mcg	125%	125%
Vitamin E	5 mg	33.33%	33.33%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	25 mg	312.5%	138.89%
Potassium	800 mg	23.53%	30.77%
Zinc	3 mg	27.27%	37.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
 Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Japanese
 Mediterranean Greek Spanish German Korean Vietnamese American
 Middle Eastern

Kitchen Tools

Blender Mixer Oven Stove

Course

Appetizers Main Dishes Side Dishes Salads Sauces & Dressings

Meal Type

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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