

**EGG WITH AVOCADO TOAST & BAKED BEANS**

🕒 10 minutes

🕒 15 minutes

🍴 1 portion

INGREDIENTS

- 1 egg (50 g)
- 1/2x 220g can salt reduced baked beans (110g)
- 20 gram of avocado
- 1 slice of bread, whole-grain bread (32 g)

COOKING METHOD

- 1° Place egg into small saucepan of water and bring to the boil over high heat. As soon as the water boils, begin timing for 3 minutes for soft boiled egg or 8 minutes for hard boiled egg.
- 2° Meanwhile heat the beans in a small saucepan or microwave for 2 minutes.
- 3° Toast bread and spread with avocado. top with baked beans and serve with boiled egg.
- 4° Toast bread and spread with avocado. top with baked beans and serve with boiled egg.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (212 g)	% DRI
ENERGY	141 kcal	300 kcal	15 %
FAT	4 g	9 g	14 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	12 %
CHOLESTEROL	88 mg	186 mg	62 %
SODIUM	103 mg	219 mg	9 %
CARBOHYDRATE	18 g	38 g	13 %
SUGARS	5 g	10 g	—
FIBER	4 g	9 g	37 %
PROTEIN	8 g	16 g	—