

044-BAKED BEANS WITH SCRAMBLED EGGS**NUTRITION SUMMARY**

Nutrient		Value per serving (206g)	%RDI*
Total Calories	(kcal)	212	
Carbohydrates	(g)	19.70	6
Protein	(g)	12.75	25
Total fats	(g)	8.98	13.81
Saturated fats	(g)	3.7	18
Cholesterol	(mg)	265	88
Dietary fiber	(mg)	4.84	19
Vitamin B2	(mg)	0.35	20
Calcium	(mg)	75.5	7.5
Selenium	(mcg)	20.09	28.7
sodium	(mg)	354	14.7

*Based on 2000Cal diet

Comments: This perfect breakfast meal made with the humble baked beans & egg is a nutritional powerhouse of good carbs(low GI),protein, fiber, selenium and calcium. The fiber from baked beans is not digested but moves into the colon to produce fatty acids that prevents colon cancer. The cholesterol content of about 88% of our daily value comes from the whole eggs(yolk)added in the recipe and this can be reduced by substituting whole eggs with egg whites - use two egg whites or 1/4 cup (59 milliliters) cholesterol-free egg substitute in place of one whole egg.