



Asparagus Benedict with Chèvre-Dijon Sauce

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 ounces asparagus ends trimmed
- 4 servings pepper black freshly ground
- 4 slices bread such as pain au levain
- 5 ounces goat cheese fresh (goat cheese)
- 1 tablespoon dijon mustard
- 4 large eggs
- 4 servings kosher salt
- 1 medium leek light white green thinly sliced quartered (and parts only)

- 2 teaspoons parsley fresh italian coarsely chopped
- 4 servings butter unsalted
- 2 quarts water
- 4 teaspoons vinegar white
- 0.3 cup milk whole

Equipment

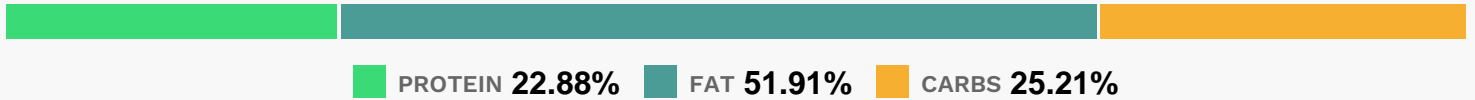
- bowl
- frying pan
- paper towels
- sauce pan
- pot
- ramekin
- kitchen towels
- slotted spoon

Directions

- For the chèvre sauce: Fill a large saucepan a quarter of the way full with water and bring it to a simmer over high heat.
- Remove from the heat and set aside.
- Heat the butter in a large frying pan over medium heat until foaming.
- Add the leeks, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the leeks have softened and are just beginning to brown, about 5 minutes.
- Add the asparagus, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the asparagus is crisp-tender, about 4 minutes.
- Remove the pan from the heat. For the poached eggs: Bring the measured water to a simmer in a medium pot over high heat (the water should be at least 2 inches deep). Reduce the heat to low to keep the water at a bare simmer. Stir in the vinegar. Break 1 egg into a small cup or ramekin. Gently slide the egg into the simmering water. Repeat with the remaining 3 eggs, making sure to evenly space them in the water. Cook until the whites are just set, about 3 minutes. Lift the eggs out of the water with a slotted spoon.

Place in a bowl of warm water to keep warm.To assemble:Toast the bread and coat the top of each slice with a thin layer of butter, season with salt and pepper, and place on serving plates. Divide the asparagus-leek mixture over the toast.Using a slotted spoon, remove the eggs from the warm water. Blot any excess water from the underside of the spoon with a paper towel or kitchen towel and slide the eggs onto the asparagus-leek mixture. Top the eggs with the desired amount of chèvre sauce (you may have some left over to serve on the side). If desired, sprinkle parsley over the top, then serve immediately.

Nutrition Facts



Properties

Glycemic Index:76.67, Glycemic Load:8.65, Inflammation Score:-8, Nutrition Score:18.8439132027%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 315.14kcal (15.76%), Fat: 18.3g (28.16%), Saturated Fat: 9.82g (61.37%), Carbohydrates: 20g (6.67%), Net Carbohydrates: 17.1g (6.22%), Sugar: 4.83g (5.37%), Cholesterol: 214.88mg (71.63%), Sodium: 604.62mg (26.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.31%), Selenium: 27.58µg (39.4%), Vitamin K: 37.64µg (35.85%), Vitamin B2: 0.55mg (32.11%), Vitamin A: 1593.25IU (31.87%), Manganese: 0.61mg (30.62%), Phosphorus: 284.15mg (28.41%), Copper: 0.55mg (27.6%), Iron: 4.31mg (23.96%), Folate: 95.78µg (23.95%), Vitamin B1: 0.27mg (18.02%), Calcium: 176.79mg (17.68%), Vitamin B6: 0.32mg (16.02%), Vitamin B5: 1.5mg (14.99%), Vitamin B3: 2.44mg (12.2%), Fiber: 2.9g (11.6%), Zinc: 1.74mg (11.57%), Magnesium: 46.03mg (11.51%), Vitamin E: 1.63mg (10.84%), Vitamin B12: 0.6µg (10.05%), Vitamin D: 1.38µg (9.23%), Potassium: 303.72mg (8.68%), Vitamin C: 5.98mg (7.25%)