



 **16%**
HEALTH SCORE

Asparagus Eggs Benedict

READY IN



30 min.

SERVINGS



2

CALORIES



780 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 ounces asparagus thin
- 0.3 cup butter
- 1 pinch ground pepper
- 3 large egg yolk
- 4 large eggs
- 2 muffins english
- 4 slices ham
- 1 tablespoon juice of lemon fresh
- 0.3 teaspoon salt

Equipment

- frying pan
- sauce pan
- blender
- plastic wrap
- casserole dish
- microwave
- measuring cup
- slotted spoon

Directions

- Fill a medium saucepan or wide deep skillet 3/4 full with hot tap water. Bring to a boil over high heat. Reduce heat to maintain a gentle boil. Trim off and discard woody ends of asparagus.
- Place asparagus in shallow microwave-safe casserole dish, cover with vented plastic wrap, and cook at HIGH power 1-1/2 to 2-1/2 minutes or until asparagus are crisp-tender. Cover tightly; set aside in a warm place. Break whole eggs, one at a time, into a small dish. Slip eggs into simmering water. Cook about 3 minutes for soft-set eggs or until cooked as desired. While eggs are cooking, place egg yolks in blender container.
- Add lemon juice, salt and cayenne pepper.
- Place butter in microwave-safe measuring cup and cook at HIGH power until melted and bubbly, about 1 to 1-1/2 minutes. With blender running, pour hot butter in a stream through the hole in the lid. Blend 30 seconds or until sauce has thickened. Split and toast English muffins.
- Place warmed ham on each muffin half and top with about 3 asparagus. Using a slotted spoon, place poached eggs over asparagus. Spoon sauce over eggs.

Nutrition Facts

 **PROTEIN 17.84%**  **FAT 66.43%**  **CARBS 15.73%**

Properties

Glycemic Index:94.5, Glycemic Load:18.85, Inflammation Score:-8, Nutrition Score:27.812608695652%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Taste

Sweetness: 31.34%, Saltiness: 100%, Sourness: 23.46%, Bitterness: 16.18%, Savoriness: 56.49%, Fattiness: 96.22%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 779.55kcal (38.98%), Fat: 57.46g (88.4%), Saturated Fat: 28.54g (178.35%), Carbohydrates: 30.62g (10.21%), Net Carbohydrates: 27.86g (10.13%), Sugar: 1.8g (2%), Cholesterol: 763.46mg (254.49%), Sodium: 1618.62mg (70.37%), Protein: 34.72g (69.45%), Selenium: 59.39µg (84.84%), Phosphorus: 532.41mg (53.24%), Vitamin B2: 0.9mg (52.8%), Vitamin A: 2303.06IU (46.06%), Vitamin B1: 0.61mg (40.64%), Folate: 139.17µg (34.79%), Vitamin B12: 1.83µg (30.55%), Vitamin B5: 3.01mg (30.12%), Vitamin B6: 0.55mg (27.7%), Zinc: 3.92mg (26.14%), Iron: 4.67mg (25.97%), Vitamin K: 26.75µg (25.48%), Vitamin D: 3.77µg (25.13%), Vitamin E: 3.45mg (23.03%), Vitamin B3: 4.05mg (20.27%), Manganese: 0.35mg (17.28%), Copper: 0.32mg (16.02%), Potassium: 533.03mg (15.23%), Calcium: 145.85mg (14.58%), Magnesium: 45.11mg (11.28%), Fiber: 2.77g (11.06%), Vitamin C: 6.17mg (7.48%)