



WHATSheATE



Asparagus with a Poached Egg in Hollandaise Sauce



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1 pound asparagus cleaned trimmed (and)
- ☐ 2 eggs
- ☐ 1 batch warm hollandaise sauce

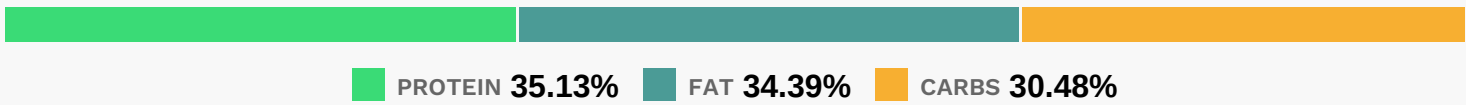
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring a large pot of water to a boil and reduce the heat to medium.
- ☐ Crack an egg into a bowl, swirl the water in the pot and pour the egg from the bowl into the water and repeat for remaining egg.
- ☐ Let the eggs cook until the whites are set but the yolks are not, about 2–3 minutes and fish them out.
- ☐ Arrange the asparagus on plates and top with the eggs and the hollandaise sauce.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:21.146956837696%

Flavonoids

Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg, Isorhamnetin: 12.93mg Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg, Kaempferol: 3.15mg Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg, Quercetin: 31.71mg

Nutrients (% of daily need)

Calories: 109.58kcal (5.48%), Fat: 4.59g (7.06%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 4.38g (1.59%), Sugar: 4.43g (4.92%), Cholesterol: 163.73mg (54.58%), Sodium: 69.62mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.09%), Vitamin K: 94.48µg (89.98%), Vitamin A: 1952.18IU (39.04%), Folate: 138.61µg (34.65%), Iron: 5.62mg (31.24%), Vitamin B2: 0.52mg (30.64%), Selenium: 18.72µg (26.75%), Copper: 0.46mg (23.02%), Vitamin B1: 0.34mg (22.79%), Phosphorus: 205.05mg (20.51%), Vitamin E: 3.02mg (20.17%), Fiber: 4.76g (19.05%), Manganese: 0.37mg (18.53%), Vitamin C: 12.7mg (15.39%), Potassium: 518.85mg (14.82%), Vitamin B6: 0.28mg (14.06%), Vitamin B5: 1.3mg (12.96%), Zinc: 1.79mg (11.95%), Vitamin B3: 2.25mg (11.26%), Magnesium: 37.03mg (9.26%), Calcium: 79.07mg (7.91%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)