



Avocado Sauce Eggs Benedict

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 avocados from mexico ripe
- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons chives finely chopped
- ☐ 4 slices bacon crumbled cooked
- ☐ 8 large eggs
- ☐ 4 muffins split english
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons olive oil

- ☐ 0.8 teaspoon salt fine
- ☐ 0.5 teaspoon sugar
- ☐ 4 medium tomatoes halved lengthwise
- ☐ 0.3 cup water
- ☐ 1 teaspoon distilled vinegar white

Equipment

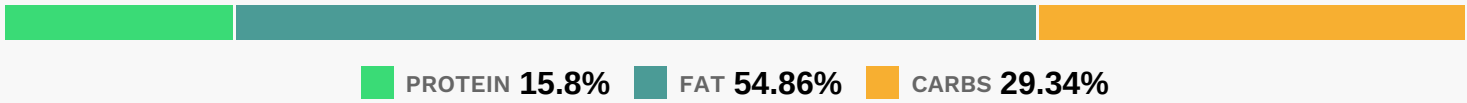
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 500 degrees F. Arrange tomato halves, cut sides up on a foil-lined baking pan.
- ☐ Sprinkle tomatoes with salt, sugar and parsley, then drizzle with olive oil.
- ☐ Roast tomatoes until soft but still intact, 30 to 40 minutes.
- ☐ In food processor, combine avocados, lime juice, water, olive oil, salt and pepper; process until smooth. In medium bowl, combine avocado sauce; stir in chives or scallions. Separate English muffin halves and brush with olive oil; bake in preheated oven until edges are brown, about 8 minutes.
- ☐ While muffins are cooking, fill a 12-inch heavy skillet with water until half-full; bring water to a simmer, then add vinegar. Break an egg into a small cup, then carefully pour the egg into the water. Repeat with remaining eggs, poach eggs at a simmer for 3 to 4 minutes or until whites are firm but yolks are still runny. To drain, transfer eggs with a slotted spoon to paper towels and sprinkle with salt and pepper.

☐ To assemble, place roasted tomatoes on top of English muffins. Top each tomato with an egg, then transfer muffins to 4 plates. Spoon avocado sauce over eggs and sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:84.27, Glycemic Load:20.93, Inflammation Score:-8, Nutrition Score:28.006087095841%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 566.73kcal (28.34%), Fat: 35.39g (54.45%), Saturated Fat: 7.38g (46.15%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 32.64g (11.87%), Sugar: 5.09g (5.66%), Cholesterol: 379.92mg (126.64%), Sodium: 991.83mg (43.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.88%), Selenium: 35.21µg (50.31%), Folate: 171.42µg (42.85%), Vitamin B2: 0.72mg (42.5%), Vitamin K: 42.05µg (40.04%), Fiber: 9.95g (39.8%), Phosphorus: 390.3mg (39.03%), Vitamin C: 32.06mg (38.86%), Vitamin A: 1753.12IU (35.06%), Vitamin B5: 3.41mg (34.06%), Vitamin E: 4.89mg (32.59%), Potassium: 1061.02mg (30.31%), Vitamin B6: 0.6mg (30.12%), Manganese: 0.56mg (27.87%), Vitamin B3: 4.33mg (21.64%), Copper: 0.43mg (21.51%), Vitamin B1: 0.31mg (20.43%), Zinc: 2.82mg (18.77%), Iron: 3.34mg (18.58%), Magnesium: 71.53mg (17.88%), Vitamin B12: 1µg (16.67%), Vitamin D: 2.03µg (13.55%), Calcium: 117.13mg (11.71%)