



Bright-Side Benedict

READY IN



15 min.

SERVINGS



4

CALORIES



234 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 lb asparagus spears fresh cut into 4-inch lengths, blanched
- 1 tsp grey poupon dijon mustard
- 4 eggs
- 1 Tbsp chives fresh chopped
- 0.3 lb ham bone-in skinless cooked cut into 4 slices (shank or butt-end serving)
- 4 singles kraft
- 3 Tbsp milk
- 1 large plum tomatoes sliced
- 4 slices rustic bread white toasted (3/)

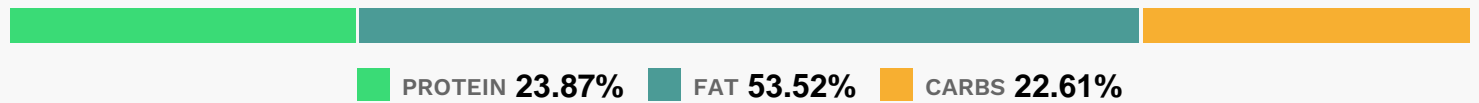
Equipment

sauce pan

Directions

- Cook Singles, milk and mustard in saucepan 2 to 3 min. or until Singles are melted and sauce is well blended, stirring frequently.
- Cover toast slices with ham, tomatoes, asparagus and eggs; top with sauce and chives.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:0.53, Inflammation Score:-5, Nutrition Score:11.282608695652%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg, Isorhamnetin: 1.67mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 234.44kcal (11.72%), Fat: 13.89g (21.37%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 13.2g (4.4%), Net Carbohydrates: 11.65g (4.23%), Sugar: 7.92g (8.8%), Cholesterol: 185.89mg (61.96%), Sodium: 496.49mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Selenium: 20.42µg (29.17%), Phosphorus: 218.14mg (21.81%), Vitamin B2: 0.35mg (20.56%), Vitamin B1: 0.25mg (16.76%), Vitamin B12: 0.85µg (14.2%), Vitamin K: 14.8µg (14.1%), Vitamin A: 654.46IU (13.09%), Vitamin C: 10.76mg (13.04%), Folate: 52.07µg (13.02%), Iron: 2.11mg (11.73%), Vitamin B3: 2.33mg (11.67%), Vitamin B5: 1.06mg (10.62%), Zinc: 1.5mg (10.02%), Vitamin B6: 0.19mg (9.72%), Potassium: 301.11mg (8.6%), Vitamin D: 1µg (6.69%), Copper: 0.13mg (6.45%), Fiber: 1.56g (6.22%), Vitamin E: 0.88mg (5.85%), Calcium: 57.13mg (5.71%), Magnesium: 22.57mg (5.64%), Manganese: 0.1mg (4.83%)