



Classic Eggs Benedict

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 large egg yolk
- 4 large eggs
- 2 muffins english
- 5 ounces deli honey ham warmed thinly sliced
- 4 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 4 servings butter unsalted
- 2 quarts water

- 4 teaspoons vinegar white

Equipment

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

Directions

- For the hollandaise sauce: Fill a large saucepan about halfway full with water and bring it to a simmer over high heat.
- Remove from the heat and set aside.
- Place the egg yolks and lemon juice in a blender and blend on medium speed until the mixture lightens in color, about 30 seconds. Reduce the blender speed to low, remove the small cap from the lid (the pour lid), and slowly drizzle in all of the melted butter. Turn off the blender, add the salt and pepper, and pulse to combine. To keep the hollandaise sauce warm, place the blender pitcher directly in the reserved hot water while you poach the eggs. 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: Split and toast the English muffins. Coat the cut sides of the muffins with a thin layer of butter and season with salt and pepper.
- Place the muffins on serving plates and divide the warm ham slices among them. 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 ham. Top the eggs with the desired amount of hollandaise sauce (you may have some left over to

serve on the side). If desired, sprinkle paprika over the eggs, then serve immediately.

Nutrition Facts

PROTEIN 24.69% **FAT 55.46%** **CARBS 19.85%**

Properties

Glycemic Index:39.25, Glycemic Load:9.27, Inflammation Score:-3, Nutrition Score:11.524347802867%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 289.85kcal (14.49%), Fat: 17.53g (26.97%), Saturated Fat: 7.14g (44.63%), Carbohydrates: 14.12g (4.71%), Net Carbohydrates: 13.31g (4.84%), Sugar: 0.33g (0.37%), Cholesterol: 310.52mg (103.51%), Sodium: 846.12mg (36.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.56g (35.12%), Selenium: 28.24µg (40.34%), Phosphorus: 247.79mg (24.78%), Vitamin B2: 0.4mg (23.42%), Vitamin B1: 0.3mg (20.05%), Vitamin B12: 0.86µg (14.29%), Vitamin B5: 1.32mg (13.22%), Vitamin B6: 0.26mg (13.2%), Zinc: 1.92mg (12.79%), Folate: 48.44µg (12.11%), Vitamin D: 1.78µg (11.88%), Vitamin A: 518.43IU (10.37%), Vitamin B3: 2.07mg (10.37%), Copper: 0.19mg (9.4%), Iron: 1.69mg (9.38%), Calcium: 72.86mg (7.29%), Manganese: 0.15mg (7.26%), Vitamin E: 0.99mg (6.63%), Potassium: 223.81mg (6.39%), Magnesium: 24.47mg (6.12%), Fiber: 0.81g (3.25%), Vitamin C: 1.48mg (1.79%)