

Classic Eggs Benedict

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 package knorr hollandaise sauce homemade prepared for a version (or see notes in section)
- 4 Slices canadian bacon
- 2 muffins english
- 0.5 teaspoon vinegar white
- 4 eggs

Equipment

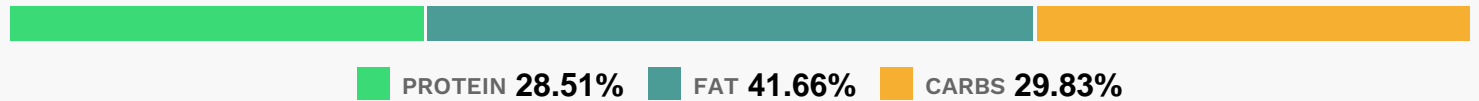
- frying pan
- sauce pan

slotted spoon

Directions

- Prepare Knorr Hollandaise Sauce according to package instructions.
- Brown Canadian Bacon in a frying pan and toast English muffins. While bacon is cooking, poach the eggs.
- Fill a medium sized sauce pan half way with water.
- Add 1/2 teaspoon of white vinegar (this is optional but the vinegar helps hold the egg together). Bring to a gentle boil and carefully add eggs (1-2 at a time works best). Poach eggs for 2-3 minutes or until yolk has set to your preference.
- Remove eggs one at a time with a slotted spoon.
- Layer ingredients as follows: English muffin, Canadian Bacon, Eggs, Hollandaise Sauce.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:9.26, Inflammation Score:-1, Nutrition Score:8.4726086956522%

Taste

Sweetness: 25.31%, Saltiness: 100%, Sourness: 11.24%, Bitterness: 14.75%, Savoriness: 67.66%, Fattiness: 81.29%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 197.5kcal (9.88%), Fat: 8.96g (13.78%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 13.66g (4.97%), Sugar: 0.16g (0.18%), Cholesterol: 178.81mg (59.6%), Sodium: 497.87mg (21.65%), Protein: 13.8g (27.59%), Selenium: 20.64µg (29.48%), Phosphorus: 194.31mg (19.43%), Vitamin B1: 0.28mg (18.88%), Vitamin B2: 0.29mg (17.29%), Vitamin B3: 2.26mg (11.28%), Vitamin D: 1.68µg (11.19%), Vitamin B6: 0.2mg (9.91%), Vitamin B12: 0.59µg (9.9%), Vitamin B5: 0.95mg (9.5%), Folate: 32.37µg (8.09%), Zinc: 1.16mg (7.76%), Iron: 1.22mg (6.76%), Manganese: 0.12mg (6.05%), Potassium: 196.11mg (5.6%), Vitamin A: 237.6IU (4.75%), Calcium: 41.78mg (4.18%), Copper: 0.08mg (4.07%), Magnesium: 16.12mg (4.03%), Vitamin E: 0.52mg (3.48%), Fiber: 0.77g (3.08%)