



Country Ham Eggs Benedict

READY IN



45 min.

SERVINGS



8

CALORIES



370 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.8 cup buttermilk
- 8.8 ounce regular corn cream-style canned
- 12 ounce country ham thinly sliced
- 2 large eggs lightly beaten
- 8 large eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon salt
- 1 teaspoon sugar

- 8 servings swiss cheese sauce
- 2 tablespoons vegetable oil
- 1 cup cornmeal yellow

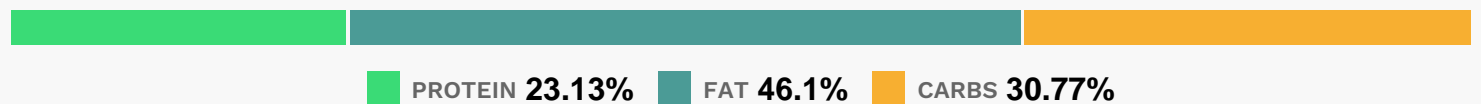
Equipment

- bowl
- frying pan

Directions

- Brown country ham in a large skillet over medium-high heat.
- Remove ham from skillet, and keep warm.
- Stir together cornmeal and next 4 ingredients in a large bowl; make a well in center of mixture. Stir together 2 beaten eggs, buttermilk, cream-style corn, and vegetable oil; add to dry ingredients, stirring just until moistened.
- Pour about 1/4 cup batter for each pancake onto a hot, lightly greased nonstick skillet. Cook pancakes until tops are covered with bubbles and edges look cooked; turn and cook other side.
- Top each pancake with 1 poached egg, country ham, and warm Swiss Cheese Sauce.

Nutrition Facts



Properties

Glycemic Index:45.45, Glycemic Load:13.9, Inflammation Score:-4, Nutrition Score:15.501739232436%

Nutrients (% of daily need)

Calories: 370.18kcal (18.51%), Fat: 18.91g (29.09%), Saturated Fat: 5.87g (36.67%), Carbohydrates: 28.4g (9.47%), Net Carbohydrates: 25.95g (9.44%), Sugar: 3.16g (3.51%), Cholesterol: 262.27mg (87.42%), Sodium: 879.54mg (38.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.34g (42.69%), Selenium: 33.94µg (48.49%), Phosphorus: 330.5mg (33.05%), Vitamin B2: 0.49mg (29.11%), Vitamin B1: 0.42mg (27.98%), Vitamin B6: 0.42mg (20.84%), Zinc: 2.76mg (18.38%), Folate: 66.25µg (16.56%), Vitamin B3: 3.21mg (16.07%), Vitamin B12: 0.96µg (16.04%), Iron: 2.66mg (14.77%), Vitamin B5: 1.45mg (14.51%), Calcium: 134.86mg (13.49%), Vitamin D: 1.84µg (12.27%), Magnesium: 46.69mg (11.67%), Manganese: 0.23mg (11.32%), Potassium: 353.09mg (10.09%), Fiber: 2.45g

(9.81%), Vitamin A: 405.87IU (8.12%), Copper: 0.16mg (8.1%), Vitamin E: 1.21mg (8.06%), Vitamin K: 6.58µg (6.27%),
Vitamin C: 1.27mg (1.54%)