



 **26%**
HEALTH SCORE

Crab Cakes Eggs Benedict

 Popular

READY IN



30 min.

SERVINGS



3

CALORIES



899 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup celery finely chopped
- 0.3 cup breadcrumbs dry fine
- 4 eggs
- 3 muffins english
- 1 package knorr hollandaise sauce mix
- 3 drops hot sauce
- 1 pound lump crab meat
- 0.5 cup mayonnaise

- 0.5 cup onion finely chopped
- 2 tablespoons parsley minced
- 0.5 teaspoon seafood seasoning
- 6 tablespoons butter unsalted
- 0.5 teaspoon worcestershire sauce

Equipment

- bowl
- baking sheet
- sauce pan
- whisk
- plastic wrap
- wax paper

Directions

- Prepare the crab cakes: Cook onion and celery in 4 tablespoons butter over moderately low heat, until tender and transfer to a bowl. Stir in crab and bread crumbs. In a small bowl whisk together mayonnaise, seafood seasoning, Worcestershire sauce, hot sauce, parsley, and salt and pepper to taste and stir into crab mixture until combined well. Line a baking sheet with wax paper. Form crab mixture into 6 flattened rounds. Chill crab cakes, covered with plastic wrap, at least 1 hour.
- Heat 1 tablespoon butter over moderate heat until foam subsides and cook half of crab cakes until golden brown, about 2 to 3 minutes on each side. Cook remaining cakes in remaining tablespoon butter in same manner. Prepare Knorr Hollandaise Sauce according to package instructions. 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.
- Layer ingredients as follows: English muffin, crab cakes (1 each muffin), eggs, Hollandaise sauce.

Nutrition Facts



■ PROTEIN 19.5% ■ FAT 61.29% ■ CARBS 19.21%

Properties

Glycemic Index:72, Glycemic Load:19.27, Inflammation Score:-8, Nutrition Score:36.845652173913%

Flavonoids

Apigenin: 6.23mg, Apigenin: 6.23mg, Apigenin: 6.23mg, Apigenin: 6.23mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg, Quercetin: 5.49mg

Taste

Sweetness: 18.32%, Saltiness: 37.04%, Sourness: 4.09%, Bitterness: 2.1%, Savoriness: 19.61%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 899.19kcal (44.96%), Fat: 58.89g (90.6%), Saturated Fat: 21.05g (131.55%), Carbohydrates: 41.53g (13.84%), Net Carbohydrates: 38.6g (14.03%), Sugar: 2.69g (2.99%), Cholesterol: 394.05mg (131.35%), Sodium: 2262.47mg (98.37%), Protein: 42.16g (84.32%), Vitamin B12: 14.29µg (238.12%), Selenium: 77.44µg (110.63%), Vitamin K: 115.27µg (109.78%), Copper: 1.58mg (78.87%), Zinc: 10.52mg (70.11%), Phosphorus: 572.05mg (57.21%), Folate: 146.52µg (36.63%), Vitamin B2: 0.51mg (29.88%), Vitamin A: 1389.01IU (27.78%), Magnesium: 105.97mg (26.49%), Manganese: 0.47mg (23.31%), Vitamin B1: 0.33mg (22.19%), Vitamin C: 17.6mg (21.33%), Vitamin B6: 0.42mg (21.11%), Iron: 3.52mg (19.56%), Vitamin B5: 1.93mg (19.3%), Calcium: 184.73mg (18.47%), Vitamin B3: 3.55mg (17.73%), Potassium: 610.97mg (17.46%), Vitamin E: 2.58mg (17.18%), Fiber: 2.93g (11.72%), Vitamin D: 1.67µg (11.12%)