



## Crab Eggs Benedict

READY IN



45 min.

SERVINGS



6

CALORIES



846 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.1 teaspoon ground pepper
- ☐ 2 tablespoons dijon mustard
- ☐ 3 cups crabs picked over at room temperature
- ☐ 6 large egg yolk
- ☐ 12 large eggs
- ☐ 6 muffins english
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 teaspoon salt

☐ 1.5 cups butter unsalted melted

## Equipment

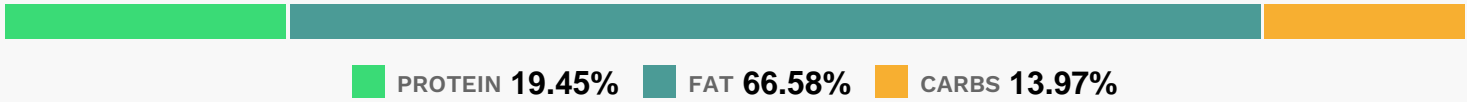
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ stove
- ☐ slotted spoon

## Directions

- ☐ Make hollandaise sauce: In the bottom of a double boiler or in a medium saucepan, bring 1 in. of water to a simmer over high heat and adjust heat to maintain simmer. Put egg yolks, lemon juice, and mustard in top of a double boiler or in a round-bottomed medium bowl and set over simmering water.
- ☐ Whisk yolk mixture to blend.
- ☐ Whisking constantly, add butter in a slow, steady stream (it should take about 90 seconds). Cook sauce, whisking, until it reaches 140, then adjust heat to maintain temperature (remove from simmering water if necessary).
- ☐ Add salt, pepper, and cayenne and continue whisking until thick, about 3 minutes. Adjust seasonings to taste.
- ☐ Remove from stove and set aside.
- ☐ Preheat oven to 45
- ☐ Split English muffins and arrange on a baking sheet in a single layer.
- ☐ Bake until toasted, about 5 minutes.
- ☐ Put 2 muffin halves on each plate and top with crab, dividing evenly.

- ☐
- Poach eggs: Bring 1 in. water to boil in a 12-in.-wide pan. Lower heat so that small bubbles form on the bottom of the pan and break to the surface only occasionally. Crack eggs into water 1 at a time, holding shells close to the water's surface and letting eggs slide out gently. Poach eggs, in 2 batches to keep them from crowding, 3 to 4 minutes for soft-cooked. Lift eggs out with a slotted spoon, pat dry with a paper towel, and place 1 egg on each crab-topped muffin half.
- ☐
- Top each egg with 2 to 3 tbsp. reserved hollandaise sauce and serve hot.

## Nutrition Facts



### Properties

Glycemic Index:28.5, Glycemic Load:18.54, Inflammation Score:-8, Nutrition Score:32.123043557872%

### Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 845.84kcal (42.29%), Fat: 62.42g (96.03%), Saturated Fat: 34.23g (213.92%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 27.67g (10.06%), Sugar: 0.83g (0.92%), Cholesterol: 747.41mg (249.14%), Sodium: 1018.76mg (44.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.03g (82.05%), Vitamin B12: 11.99µg (199.79%), Selenium: 86.39µg (123.42%), Phosphorus: 575.43mg (57.54%), Vitamin B2: 0.86mg (50.39%), Copper: 0.97mg (48.56%), Zinc: 7.22mg (48.14%), Vitamin A: 2331.51IU (46.63%), Folate: 149.1µg (37.27%), Vitamin B5: 2.8mg (28.01%), Vitamin D: 3.77µg (25.13%), Vitamin B3: 4.75mg (23.76%), Vitamin B6: 0.44mg (22.12%), Magnesium: 82.34mg (20.58%), Potassium: 682.99mg (19.51%), Vitamin E: 2.85mg (19.01%), Manganese: 0.37mg (18.32%), Iron: 3.27mg (18.15%), Calcium: 179.73mg (17.97%), Vitamin B1: 0.24mg (16.24%), Vitamin C: 8.18mg (9.92%), Fiber: 1.81g (7.23%), Vitamin K: 4.57µg (4.35%)