



Crab Eggs Benedict

READY IN



21 min.

SERVINGS



4

CALORIES



476 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons butter
- ☐ 1.5 teaspoons dijon mustard
- ☐ 8 large eggs
- ☐ 4 muffins english toasted
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 cup buttermilk reduced-fat
- ☐ 8 ounces lump crab meat fresh

- ☐ 0.3 cup canola mayonnaise
- ☐ 4 servings cracked pepper black
- ☐ 1 tablespoon citrus champagne vinegar

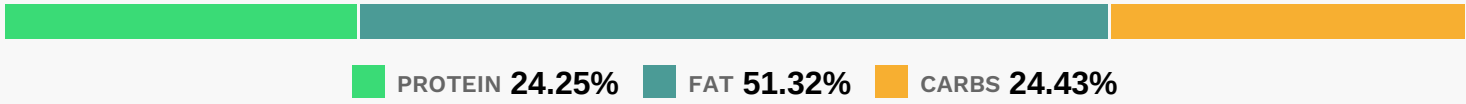
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Combine first 6 ingredients in a small saucepan over low heat, stirring well with a whisk.
- ☐ Add butter; stir until butter melts. Keep warm.
- ☐ Add water to a large skillet, filling two-thirds full. Bring to a boil; reduce heat, and simmer.
- ☐ Add 1 tablespoon white wine vinegar. Break each egg into a custard cup, and pour gently into pan. Cook for 3 minutes or until desired degree of doneness.
- ☐ Place 1 muffin, cut sides up, on each of 4 plates, and divide crab among muffins.
- ☐ Remove eggs from pan using a slotted spoon. Gently place 1 egg on each muffin half. Top each serving with about 3 tablespoons sauce.
- ☐ Sprinkle with cracked pepper.
- ☐ Garnish with chives and tarragon, if desired.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:18.6, Inflammation Score:-5, Nutrition Score:23.984782529914%

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: 476.32kcal (23.82%), Fat: 26.65g (41.01%), Saturated Fat: 6.62g (41.36%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 26.84g (9.76%), Sugar: 1.57g (1.74%), Cholesterol: 408.48mg (136.16%), Sodium: 1061.7mg (46.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.34g (56.68%), Vitamin B12: 6.09µg (101.42%), Selenium: 52.84µg (75.49%), Phosphorus: 423.16mg (42.32%), Vitamin B2: 0.61mg (35.68%), Zinc: 5.19mg (34.63%), Copper: 0.68mg (33.98%), Vitamin K: 31.27µg (29.79%), Folate: 95.98µg (23.99%), Vitamin B5: 2.09mg (20.89%), Iron: 2.71mg (15.08%), Vitamin B6: 0.29mg (14.6%), Manganese: 0.29mg (14.59%), Calcium: 139.83mg (13.98%), Magnesium: 55.87mg (13.97%), Vitamin D: 2.04µg (13.58%), Vitamin A: 624.91IU (12.5%), Vitamin B1: 0.18mg (12.08%), Vitamin E: 1.73mg (11.54%), Potassium: 374.25mg (10.69%), Vitamin B3: 1.62mg (8.11%), Vitamin C: 6.03mg (7.3%), Fiber: 1.71g (6.86%)