



## Easy Eggs Benedict

READY IN



15 min.

SERVINGS



15

CALORIES



103 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 12 slices oscar mayer deli ham smoked fresh
- 4 large eggs
- 2 muffins split english toasted
- 1 tsp heinz mustard yellow
- 0.3 cup nonfat yogurt plain
- 0.3 cup mayo reduced fat mayonnaise light kraft

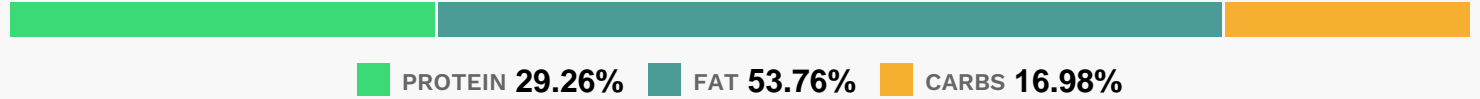
### Equipment

- sauce pan

## Directions

- Cook yogurt, mayo and mustard in saucepan on low heat 5 min. or until heated through, stirring constantly.
- Top muffin halves with ham, eggs and sauce.

## Nutrition Facts



## Properties

Glycemic Index:7.13, Glycemic Load:2.47, Inflammation Score:-1, Nutrition Score:3.9934782436037%

## Nutrients (% of daily need)

Calories: 102.73kcal (5.14%), Fat: 6.01g (9.24%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4.05g (1.47%), Sugar: 0.5g (0.56%), Cholesterol: 64.17mg (21.39%), Sodium: 357.77mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Selenium: 9.54µg (13.62%), Vitamin B1: 0.16mg (10.44%), Phosphorus: 91.77mg (9.18%), Vitamin B2: 0.13mg (7.76%), Vitamin B3: 1.14mg (5.68%), Vitamin B6: 0.11mg (5.68%), Zinc: 0.79mg (5.26%), Vitamin B12: 0.29µg (4.83%), Vitamin B5: 0.37mg (3.7%), Potassium: 104.49mg (2.99%), Iron: 0.51mg (2.83%), Vitamin D: 0.42µg (2.82%), Folate: 10.41µg (2.6%), Calcium: 21.55mg (2.15%), Magnesium: 8.46mg (2.12%), Vitamin E: 0.3mg (2.02%), Copper: 0.04mg (1.98%), Vitamin K: 2.06µg (1.96%), Manganese: 0.04mg (1.79%), Vitamin A: 75.14IU (1.5%)