



## Egg Blossoms with Hollandaise

READY IN



45 min.

SERVINGS



6

CALORIES



406 kcal

SIDE DISH

### Ingredients

- 6 tablespoons butter melted
- 6 large eggs
- 6 sheets filo dough (12 by 18 in.)
- 0.3 cup green onion finely chopped (including tops)
- 1 cup knorr hollandaise sauce
- 6 servings paprika
- 0.3 cup parmesan cheese grated
- 6 servings salt and pepper
- 4 oz spinach leaves rinsed

## Equipment

- oven
- plastic wrap
- spatula
- muffin tray

## Directions

- Stack 1/2 cup spinach leaves and cut into thin slivers.
- Lay 1 filo sheet flat and brush lightly with butter; cover remaining dough with plastic wrap to prevent drying.
- Lay another filo sheet onto the buttered piece; brush top lightly with butter.
- Cut stack into 6 equal squares; cover with plastic wrap. Repeat to make a total of 18 filo squares.
- Butter 6 muffin or custard cups (2 1/2 to 2 3/4 in. wide; if using a muffin pan, butter alternate cups). Press 3 filo squares into each cup, overlapping, to line the cavity smoothly; filo edges will extend above the rim (in muffin pans, arrange so filo edges don't touch).
- Sprinkle 2 teaspoons grated parmesan into each filo basket and top with about 1 tablespoon slivered spinach leaves. Break 1 egg into each filo basket, lightly sprinkle with salt and pepper, and sprinkle eggs equally with green onion.
- Bake in a 350 oven until filo is golden and eggs are softly set when gently shaken, 18 to 20 minutes.
- Meanwhile, mound remaining spinach equally onto dinner plates. Using a spoon and a small spatula, gently lift egg blossom baskets from baking cups and set 1 on each plate.
- Add hollandaise to taste. Dust with paprika.

## Nutrition Facts

 **PROTEIN 10.75%**  **FAT 73.22%**  **CARBS 16.03%**

## Properties

Glycemic Index:19.5, Glycemic Load:3.87, Inflammation Score:-9, Nutrition Score:17.466956387395%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 405.6kcal (20.28%), Fat: 33.45g (51.46%), Saturated Fat: 8.29g (51.84%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 14.9g (5.42%), Sugar: 0.61g (0.67%), Cholesterol: 195.31mg (65.1%), Sodium: 873.99mg (38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.04g (22.09%), Vitamin K: 102.21µg (97.35%), Vitamin A: 3605.67IU (72.11%), Selenium: 21.58µg (30.82%), Vitamin B2: 0.38mg (22.15%), Folate: 80.92µg (20.23%), Phosphorus: 159.97mg (16%), Manganese: 0.32mg (15.82%), Iron: 2.5mg (13.9%), Vitamin E: 1.98mg (13.23%), Vitamin B1: 0.15mg (9.93%), Calcium: 97.53mg (9.75%), Vitamin B5: 0.91mg (9.15%), Vitamin B6: 0.18mg (8.88%), Vitamin B12: 0.52µg (8.59%), Magnesium: 30.06mg (7.51%), Zinc: 1.12mg (7.48%), Vitamin C: 6.14mg (7.44%), Potassium: 259.21mg (7.41%), Vitamin D: 1.02µg (6.81%), Fiber: 1.58g (6.33%), Vitamin B3: 1.18mg (5.89%), Copper: 0.1mg (4.96%)