



Egg-Topped Muffins Florentine

READY IN



30 min.

SERVINGS



6

CALORIES



241 kcal

Ingredients

- ☐ 0.3 cup salad dressing reduced-fat
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 2 tablespoons skim milk fat-free (skim)
- ☐ 1 teaspoon juice of lemon
- ☐ 1 teaspoon butter
- ☐ 0.5 teaspoon mustard yellow
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 6 eggs
- ☐ 10 oz corn frozen

- ☐ 3 oz canadian bacon canadian-style
- ☐ 3 muffins split english toasted

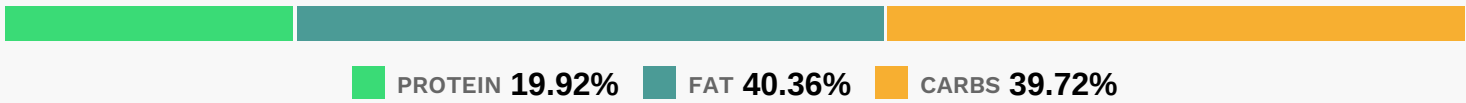
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ In 1-quart saucepan, mix all sauce ingredients. Cook over medium heat, stirring frequently, until warm. Cover; keep warm.
- ☐ In 12-inch skillet, heat 1 inch of water to boiling; reduce to simmering. Break each egg, one at a time, into custard cup or saucer. Holding dish close to water’s surface, carefully slip egg into water. Cook 3 to 4 minutes or until whites are firm, not runny.
- ☐ Remove eggs with slotted spoon. Meanwhile, cook spinach as directed on package.
- ☐ On microwavable plate, place Canadian bacon. Cover loosely; microwave on High about 1 minute or until hot.
- ☐ For each serving, place 1 English muffin half on serving plate. Top each muffin half with 1 slice bacon, about 2 tablespoons creamed spinach, 1 poached egg and 1 heaping tablespoon sauce.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:9.34, Inflammation Score:-3, Nutrition Score:9.5482608546381%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 240.82kcal (12.04%), Fat: 10.88g (16.74%), Saturated Fat: 3.07g (19.2%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 22.72g (8.26%), Sugar: 2.41g (2.68%), Cholesterol: 177.77mg (59.26%), Sodium: 531.94mg (23.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.08g (24.17%), Selenium: 17.78µg (25.4%), Phosphorus: 202.29mg (20.23%), Vitamin B2: 0.31mg (18.43%), Vitamin K: 15.71µg (14.96%), Folate: 53.5µg (13.37%), Vitamin B1: 0.19mg (12.99%), Vitamin B5: 0.98mg (9.82%), Vitamin B12: 0.57µg (9.47%), Vitamin B3: 1.83mg (9.17%), Vitamin D: 1.35µg (9.01%), Vitamin B6: 0.18mg (8.91%), Zinc: 1.29mg (8.59%), Manganese: 0.15mg (7.59%), Iron: 1.34mg (7.42%), Vitamin A: 369.83IU (7.4%), Potassium: 246.3mg (7.04%), Calcium: 63.42mg (6.34%), Magnesium: 23.58mg (5.89%), Fiber: 1.38g (5.52%), Copper: 0.1mg (5.08%), Vitamin E: 0.59mg (3.92%), Vitamin C: 2.53mg (3.06%)