



Eggs à la Goldenrod

READY IN



30 min.

SERVINGS



4

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 4 hardboiled eggs
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup milk
- ☐ 4 slices oz. bacon into pieces separated chopped

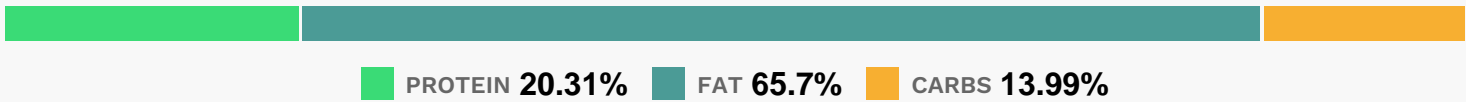
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Peel eggs; separate whites from yolks. Chop whites into bite-sized pieces. In small bowl, mash yolks with fork or press through fine strainer. Set aside.
- ☐ In 1-quart heavy saucepan, melt butter over low heat. With whisk, beat in flour, salt and pepper. Cook over low heat, stirring until mixture is smooth and bubbly.
- ☐ Remove sauce from heat. Stir in milk.
- ☐ Return sauce to heat; heat to boiling, stirring constantly. Boil 1 minute or until sauce thickens slightly.
- ☐ Remove from heat. Fold chopped egg whites into white sauce.
- ☐ To serve, arrange buttered toast pieces on 4 serving plates.
- ☐ Pour creamed eggs over buttered toast pieces; sprinkle with yolks.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:3.16, Inflammation Score:-3, Nutrition Score:7.2456522156363%

Nutrients (% of daily need)

Calories: 181.67kcal (9.08%), Fat: 13.19g (20.29%), Saturated Fat: 6.52g (40.72%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 6.2g (2.25%), Sugar: 3.51g (3.9%), Cholesterol: 210.3mg (70.1%), Sodium: 305.62mg (13.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.17g (18.35%), Selenium: 17.9µg (25.58%), Vitamin B2: 0.36mg (21.28%), Phosphorus: 153.44mg (15.34%), Vitamin B12: 0.9µg (14.94%), Vitamin D: 1.77µg (11.81%), Vitamin A: 534.09IU (10.68%), Calcium: 102.64mg (10.26%), Vitamin B5: 0.95mg (9.52%), Folate: 29.08µg (7.27%), Vitamin B1: 0.1mg (6.47%), Zinc: 0.81mg (5.39%), Vitamin B6: 0.1mg (4.99%), Vitamin E: 0.71mg (4.74%), Potassium: 161.05mg (4.6%), Iron: 0.78mg (4.32%), Magnesium: 13.4mg (3.35%), Manganese: 0.05mg (2.47%), Vitamin B3: 0.32mg (1.61%)