



Eggs Benedict

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



374 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 strips bacon canadian-style
- ☐ 2 tablespoons butter softened
- ☐ 4 egg yolks
- ☐ 8 eggs
- ☐ 4 muffins split english
- ☐ 1 pinch ground pepper white
- ☐ 3.5 tablespoons juice of lemon
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon water
- ☐ 1 teaspoon distilled vinegar white
- ☐ 0.1 teaspoon worcestershire sauce

Equipment

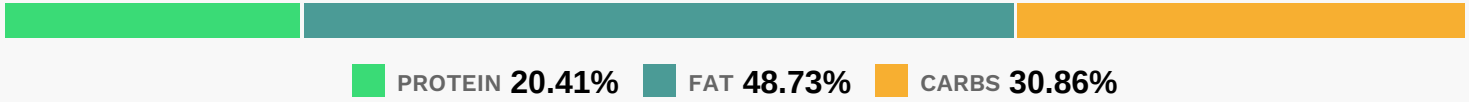
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ double boiler
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ To Make Hollandaise: Fill the bottom of a double boiler part-way with water. Make sure that water does not touch the top pan. Bring water to a gentle simmer. In the top of the double boiler, whisk together egg yolks, lemon juice, white pepper, Worcestershire sauce, and 1 tablespoon water.
- ☐ Add the melted butter to egg yolk mixture 1 or 2 tablespoons at a time while whisking yolks constantly. If hollandaise begins to get too thick, add a teaspoon or two of hot water. Continue whisking until all butter is incorporated.
- ☐ Whisk in salt, then remove from heat.
- ☐ Place a lid on pan to keep sauce warm.
- ☐ Preheat oven on broiler setting. To Poach Eggs: Fill a large saucepan with 3 inches of water. Bring water to a gentle simmer, then add vinegar. Carefully break eggs into simmering water, and allow to cook for 2 1/2 to 3 minutes. Yolks should still be soft in center.
- ☐ Remove eggs from water with a slotted spoon and set on a warm plate
- ☐ While eggs are poaching, brown the bacon in a medium skillet over medium-high heat and toast the English muffins on a baking sheet under the broiler.

- ☐ Spread toasted muffins with softened butter, and top each one with a slice of bacon, followed by one poached egg.
- ☐ Place 2 muffins on each plate and drizzle with hollandaise sauce.
- ☐ Sprinkle with chopped chives and serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:18.51, Inflammation Score:-4, Nutrition Score:15.152608801489%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 374.48kcal (18.72%), Fat: 20.01g (30.79%), Saturated Fat: 8.27g (51.68%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 26.92g (9.79%), Sugar: 0.78g (0.87%), Cholesterol: 537.81mg (179.27%), Sodium: 609.3mg (26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.72%), Selenium: 37.69µg (53.84%), Vitamin B2: 0.59mg (34.89%), Phosphorus: 328.09mg (32.81%), Folate: 91.67µg (22.92%), Vitamin B5: 2.18mg (21.77%), Vitamin B12: 1.18µg (19.7%), Vitamin D: 2.79µg (18.59%), Vitamin A: 910.63IU (18.21%), Iron: 2.58mg (14.35%), Zinc: 1.99mg (13.27%), Vitamin B1: 0.19mg (12.58%), Vitamin B6: 0.25mg (12.56%), Manganese: 0.24mg (12.16%), Calcium: 105.38mg (10.54%), Vitamin E: 1.57mg (10.5%), Copper: 0.16mg (7.77%), Potassium: 239.4mg (6.84%), Fiber: 1.59g (6.37%), Vitamin C: 5.17mg (6.27%), Magnesium: 24.82mg (6.21%), Vitamin B3: 1.1mg (5.52%)