



Eggs Benedict

READY IN



20 min.

SERVINGS



6

CALORIES



554 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 large eggs
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 6 servings tarragon leaves fresh for garnish
- ☐ 1 tablespoon tarragon leaves fresh finely chopped
- ☐ 1 package knorr hollandaise sauce mix dry
- ☐ 1.3 cups milk
- ☐ 4 slices pancetta thinly sliced
- ☐ 1 teaspoon vinegar white
- ☐ 24 ounce in the oven frozen warmed french-style toasted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 325 F degrees.
- ☐ Slice croissants horizontally and place all 4 on a baking sheet.
- ☐ Fill a medium-sized frying pan halfway with water. Over medium heat, bring water to a simmer.
- ☐ Add white vinegar to water. Do not let water boil. Working with 1 egg at a time, crack egg into a small bowl and slide into simmering water. Simmer eggs 3 to 5 minutes, or until whites are cooked and yolk is still soft.
- ☐ Transfer eggs with slotted spoon onto a plate.
- ☐ TIP: Eggs can be pre-cooked and refrigerated to this point. Reheat by sliding egg into simmering water for 1 minute at time of service.
- ☐ In a small saucepan, add hollandaise packet to the milk.
- ☐ Add the chives and tarragon.
- ☐ Heat thoroughly over low heat, stirring constantly.
- ☐ Remove from heat. Set aside.
- ☐ Separate croissant halves and place together forming a circle, cut-side up. Top each half with a slice of prosciutto and a poached egg. Spoon hollandaise sauce over the top of the egg.
- ☐ Garnish with tarragon leaves.

Nutrition Facts



 PROTEIN **16.96%**  FAT **17.48%**  CARBS **65.56%**

Properties

Glycemic Index:45.5, Glycemic Load:1.56, Inflammation Score:-2, Nutrition Score:9.1078259996746%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 554.14kcal (27.71%), Fat: 10.69g (16.44%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 90.18g (30.06%), Net Carbohydrates: 85.95g (31.26%), Sugar: 4.67g (5.19%), Cholesterol: 264.46mg (88.15%), Sodium: 260.57mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.32g (46.65%), Selenium: 17.49µg (24.99%), Vitamin B2: 0.33mg (19.56%), Fiber: 4.22g (16.88%), Phosphorus: 165.13mg (16.51%), Potassium: 496.11mg (14.17%), Vitamin B12: 0.75µg (12.44%), Calcium: 115.98mg (11.6%), Vitamin D: 1.58µg (10.54%), Vitamin B5: 0.99mg (9.87%), Manganese: 0.19mg (9.58%), Vitamin A: 467.09IU (9.34%), Vitamin B6: 0.18mg (9.16%), Iron: 1.6mg (8.92%), Folate: 29.96µg (7.49%), Zinc: 1mg (6.69%), Magnesium: 20.48mg (5.12%), Vitamin B1: 0.07mg (4.6%), Vitamin E: 0.57mg (3.83%), Copper: 0.05mg (2.71%), Vitamin B3: 0.5mg (2.51%), Vitamin C: 1.37mg (1.67%), Vitamin K: 1.37µg (1.3%)