



Eggs Benedict

READY IN



33 min.

SERVINGS



4

CALORIES



896 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16 slices bacon
- ☐ 8 slices bread whole-wheat toasted
- ☐ 0.5 cup butter hot melted
- ☐ 1 pinch cayenne pepper
- ☐ 3 egg yolks for ham and cheese souffle recipe
- ☐ 8 eggs
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 servings salt

- ☐ 1 tablespoon vinegar white
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 400 degrees F. Line 2 sheet pans with parchment paper. Arrange 8 slices of bacon on each tray and bake until brown and crispy, about 12 to 15 minutes.
- ☐ Fill a large deep-sided skillet 3/4 of the way up with water. Bring to a light simmer over low heat and add the vinegar.
- ☐ Using a 3 1/2-inch biscuit cutter, cut out rounds from the center of each piece of toast. (Reserve the crust for the Round 2 recipe Savory Bread Pudding with Ham).
- ☐ Crack the eggs, 1 at a time, into a small dish or ramekin and slide each into the lightly simmering water. Fan the egg white over the yolk with a slotted spoon if it begins to spread. Poach the eggs until the white is set but yolk is still runny in the middle, about 2 to 3 minutes,
- ☐ Remove the eggs to a towel lined plate to drain.
- ☐ In a blender, combine the egg yolks, lemon juice, Worcestershire sauce, cayenne and a pinch of salt. Blend to combine, then turn the blender on and slowly pour the melted butter through the hole in the blender lid.
- ☐ Put 2 slices of toast on each plate. Break the bacon strips in half and place 4 halves on each toast round, then top with a poached egg. Slowly pour the hollandaise over the top.
- ☐ Sprinkle each with chopped parsley and serve.

Nutrition Facts



 **PROTEIN 13.73%**  **FAT 73.12%**  **CARBS 13.15%**

Properties

Glycemic Index:55.67, Glycemic Load:14.31, Inflammation Score:-7, Nutrition Score:25.436956519666%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 895.75kcal (44.79%), Fat: 72.44g (111.44%), Saturated Fat: 30.72g (192.01%), Carbohydrates: 29.32g (9.77%), Net Carbohydrates: 27.03g (9.83%), Sugar: 3.82g (4.25%), Cholesterol: 592.25mg (197.42%), Sodium: 1375.28mg (59.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.61g (61.22%), Selenium: 68.71µg (98.15%), Phosphorus: 434.47mg (43.45%), Vitamin B2: 0.7mg (41.11%), Vitamin B1: 0.54mg (35.71%), Manganese: 0.71mg (35.71%), Vitamin B3: 6.78mg (33.89%), Vitamin A: 1508.54IU (30.17%), Folate: 111.44µg (27.86%), Vitamin B5: 2.74mg (27.37%), Vitamin B12: 1.53µg (25.58%), Vitamin B6: 0.5mg (24.8%), Iron: 4.44mg (24.66%), Zinc: 3.11mg (20.72%), Vitamin K: 21.52µg (20.5%), Vitamin D: 2.84µg (18.94%), Vitamin E: 2.43mg (16.22%), Calcium: 151.36mg (15.14%), Potassium: 415.62mg (11.87%), Magnesium: 46.18mg (11.54%), Copper: 0.2mg (9.94%), Fiber: 2.28g (9.13%), Vitamin C: 2.14mg (2.59%)