



Eggs Benedict Florentine

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 5 large eggs
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons mayonnaise light
- ☐ 1 teaspoon olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 4 ounce sourdough bread toasted

- ☐ 5 ounce pkt spinach
- ☐ 2 teaspoons water
- ☐ 1 teaspoon vinegar white

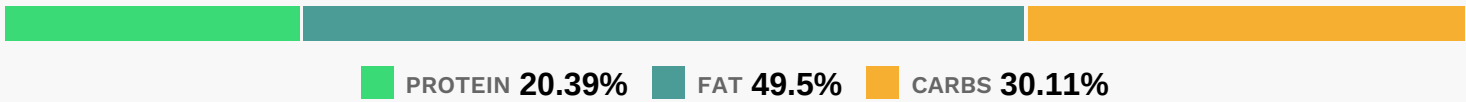
Equipment

- ☐ frying pan
- ☐ blender
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Heat olive oil in a large skillet over medium-high heat; saut spinach for 3 minutes until wilted. Season with salt, pepper, and nutmeg. Arrange toasted sourdough bread on 4 plates; divide spinach among toast slices and set aside. Bring a high-sided skillet filled with 2 inches of water to a simmer; add vinegar. Working one at a time, break each eggs into a ramekin and slide into simmering water. Gently poach 3 minutes; remove with a slotted spoon.
- ☐ Place 1 egg on top of each spinach toast (reserve last egg). In a blender, combine yolk from remaining poached egg (discard white) with mayonnaise, lemon juice, and water; blend until smooth.
- ☐ Add melted butter; blend to combine. Spoon hollandaise over eggs and serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.63, Glycemic Load:11.54, Inflammation Score:-10, Nutrition Score:20.809130440588%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 235.42kcal (11.77%), Fat: 12.99g (19.99%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 16.33g (5.94%), Sugar: 2.2g (2.44%), Cholesterol: 241.71mg (80.57%), Sodium: 542.33mg (23.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.09%), Vitamin K: 178.13µg (169.65%), Vitamin A: 3755.93IU (75.12%), Selenium: 27.97µg (39.96%), Folate: 134.37µg (33.59%), Vitamin B2: 0.48mg (27.98%), Manganese: 0.5mg (24.89%), Iron: 3.2mg (17.77%), Phosphorus: 174.01mg (17.4%), Vitamin B1: 0.26mg (17.09%), Vitamin C: 11.41mg (13.83%), Vitamin E: 1.9mg (12.64%), Magnesium: 45.45mg (11.36%), Vitamin B5: 1.09mg (10.92%), Vitamin B6: 0.21mg (10.41%), Vitamin B12: 0.56µg (9.37%), Potassium: 326.45mg (9.33%), Calcium: 87.28mg (8.73%), Zinc: 1.31mg (8.7%), Vitamin B3: 1.68mg (8.39%), Vitamin D: 1.25µg (8.33%), Copper: 0.14mg (6.97%), Fiber: 1.46g (5.83%)