



## Eggs Benedict Florentine with Creamy Butter Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 ounce canadian bacon cut in half
- ☐ 2 tablespoons ghee
- ☐ 1 tablespoon cornstarch
- ☐ 6 large egg whites
- ☐ 2 large eggs
- ☐ 4 large eggs
- ☐ 8 muffins split english toasted
- ☐ 3 tablespoons chives fresh chopped

- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 cup buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 6 cups pkt spinach fresh trimmed
- ☐ 0.5 cup water

## Equipment

- ☐ frying pan
- ☐ whisk
- ☐ double boiler

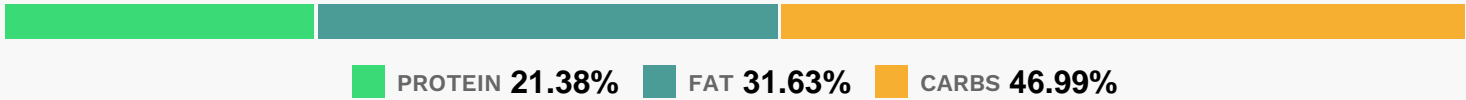
## Directions

- ☐ To prepare sauce, place cornstarch in the top of a double boiler.
- ☐ Combine 1/2 cup water, buttermilk, and 2 eggs, stirring well with a whisk.
- ☐ Add egg mixture to cornstarch; stir well. Cook over simmering water until thick and mixture reaches 160 (about 7 minutes), stirring constantly. Stir in Clarified Butter and 1/2 teaspoon salt.
- ☐ Remove from heat. Cover and keep warm.
- ☐ To prepare eggs, heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add garlic to pan; cook 30 seconds, stirring frequently.
- ☐ Combine 1/4 teaspoon salt, pepper, egg whites, and 4 eggs, stirring well with a whisk.
- ☐ Add egg mixture to pan; cook 5 minutes or until set, stirring occasionally.
- ☐ Place spinach in a large nonstick skillet over medium-high heat; cook 4 minutes or just until slightly wilted, stirring frequently.
- ☐ Place 2 muffin halves, cut sides up, on each of 8 plates.
- ☐ Place half a Canadian bacon slice on each muffin half, and top each serving with about 1/4 cup spinach.
- ☐ Place about 1/4 cup egg mixture on each serving, and top each serving with about 2 tablespoons sauce.

- ☐
- Sprinkle evenly with chopped fresh chives and 1/4 teaspoon pepper.

☐☐

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:18.65, Inflammation Score:-9, Nutrition Score:16.48565228089%

## Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 249.84kcal (12.49%), Fat: 8.69g (13.38%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 26.97g (9.81%), Sugar: 0.91g (1.01%), Cholesterol: 150.39mg (50.13%), Sodium: 626.4mg (27.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.22g (26.44%), Vitamin K: 111.3µg (106%), Vitamin A: 2366.35IU (47.33%), Vitamin B2: 0.43mg (25.32%), Selenium: 17.4µg (24.86%), Manganese: 0.44mg (21.78%), Folate: 85.12µg (21.28%), Phosphorus: 179.17mg (17.92%), Vitamin B1: 0.15mg (10.32%), Iron: 1.84mg (10.24%), Magnesium: 39.18mg (9.79%), Vitamin B5: 0.93mg (9.33%), Potassium: 318.5mg (9.1%), Calcium: 88.64mg (8.86%), Vitamin C: 7.19mg (8.72%), Fiber: 2.09g (8.36%), Vitamin B6: 0.15mg (7.39%), Zinc: 1.09mg (7.25%), Copper: 0.14mg (7.18%), Vitamin B12: 0.41µg (6.88%), Vitamin B3: 1.24mg (6.18%), Vitamin E: 0.86mg (5.75%), Vitamin D: 0.8µg (5.33%)