



Eggs Benedict Grill

READY IN



110 min.

SERVINGS



6

CALORIES



970 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 bagels sliced
- 0.5 cup butter melted
- 1 cup butter melted
- 1 pinch cayenne pepper
- 8 ounces cream cheese softened
- 3 egg yolks
- 6 eggs
- 2 tablespoons chives fresh chopped for garnish
- 3 tablespoons tarragon leaves fresh chopped

- 2 tablespoons heavy cream
- 6 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon
- 4 tablespoons juice of lemon
- 1 lemon zest
- 2 tablespoons parsley leaves fresh italian chopped for garnish
- 3 dashes pepper sauce hot (recommended: Tabasco)
- 1.5 pounds salmon fillet
- 1 tablespoon golden sherry

Equipment

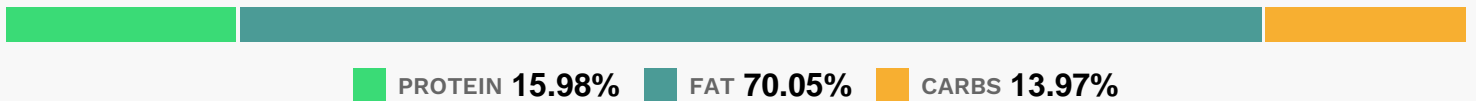
- bowl
- frying pan
- sauce pan
- whisk
- blender
- baking pan
- grill
- stove

Directions

- Place the salmon in a large baking dish.
- Combine butter, 4 tablespoons lemon juice, and lemon zest and pour the mixture over the salmon. Season with salt and pepper and marinate for 1 to 2 hours.
- Preheat an outdoor grill to medium-high heat.
- Meanwhile, mix the cream cheese, tarragon, and 1 teaspoon lemon juice together and set aside. In another bowl, blend together eggs, heavy cream, hot pepper sauce, and salt and pepper, to taste, and set aside.
- Preheat a nonstick skillet for the eggs by placing the pan on the grill. At the same time, place the salmon on the grill and cook until desired doneness, about 5 minutes per side.

- Pour egg mixture into the pan and cook the eggs by continually moving cooked portions toward the center of the pan allowing the uncooked portion to flow to the sides, flipping when close to set.
- Place bagels on the grill cut side down and toast.
- Remove and spread a portion of the cream cheese mixture on the toasted side of each bagel.
- Place the bagels on serving plates. Top with cooked egg, salmon, and hollandaise sauce.
- Garnish with chopped chives and parsley.
- Place the egg yolks in a saucepan. Hold the pan over a stove flame approximately 3 to 4 inches above the burner and whisk until slightly thickened and bright yellow, about 2 to 3 minutes.
- Pour the thickened yolk into a blender and add lemon juice, sherry, and cayenne. With the motor running, add the melted butter in a slow, steady stream, blending until the sauce is smooth and thickened.

Nutrition Facts



Properties

Glycemic Index:70.83, Glycemic Load:20.99, Inflammation Score:-9, Nutrition Score:31.979130454685%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg, Hesperetin: 1.82mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 970.18kcal (48.51%), Fat: 75.74g (116.53%), Saturated Fat: 41.5g (259.35%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 32.28g (11.74%), Sugar: 2.23g (2.48%), Cholesterol: 489.09mg (163.03%), Sodium: 886.59mg (38.55%), Alcohol: 0.26g (100%), Alcohol %: 0.1% (100%), Protein: 38.88g (77.75%), Selenium: 64.1µg (91.57%), Vitamin B12: 4.36µg (72.68%), Vitamin B6: 1.18mg (59.09%), Vitamin A: 2723.73IU (54.47%), Vitamin B2: 0.88mg (51.48%), Vitamin B3: 10.29mg (51.45%), Phosphorus: 470.47mg (47.05%), Vitamin B5: 3.34mg (33.42%),

Manganese: 0.63mg (31.27%), Vitamin K: 29.31µg (27.91%), Vitamin B1: 0.4mg (26.83%), Potassium: 881.5mg (25.19%), Folate: 94.38µg (23.6%), Copper: 0.45mg (22.34%), Iron: 3.96mg (22%), Magnesium: 73.31mg (18.33%), Vitamin E: 2.42mg (16.14%), Zinc: 2.38mg (15.89%), Calcium: 158.3mg (15.83%), Vitamin C: 10.31mg (12.5%), Vitamin D: 1.45µg (9.64%), Fiber: 1.71g (6.84%)