



Eggs Benedict Light

READY IN



25 min.

SERVINGS



2

CALORIES



568 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 4 slices canadian bacon thin
- ☐ 5 large eggs
- ☐ 2 muffins whole-wheat split english
- ☐ 3 tablespoons flat-leaf parsley roughly chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon
- ☐ 0.8 cup greek yogurt low-fat
- ☐ 1 tablespoon mayonnaise

☐ 2 servings bell pepper

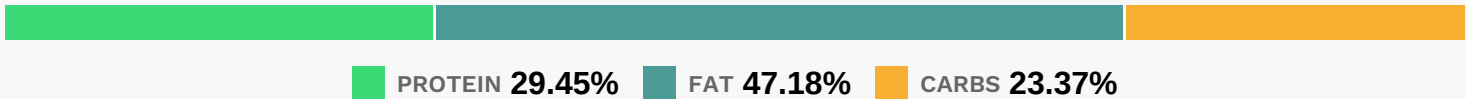
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 20
- ☐ Toast English muffins, then transfer to two plates and keep warm in oven. Brown bacon in a small frying pan over medium heat, turning once, about 4 minutes total. Put 1 slice on each muffin half and return to oven. Poach 4 eggs (go to [Sunset.com](#) to search for "perfect poached eggs").
- ☐ Melt butter over low heat in a small saucepan. Meanwhile, whisk together yogurt, remaining egg, mayonnaise, lemon juice, and salt in a small bowl. Gradually whisk yogurt mixture into butter and heat until just warmed, whisking often, about 25 seconds (be careful not to overcook the sauce, as it will curdle).
- ☐ Top muffins with poached eggs, pour some sauce over them, and serve any extra sauce on the side.
- ☐ Sprinkle with pepper and parsley.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:41.300869402678%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 568.23kcal (28.41%), Fat: 29.94g (46.07%), Saturated Fat: 10.86g (67.84%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 27.78g (10.1%), Sugar: 11.75g (13.06%), Cholesterol: 516.41mg (172.14%), Sodium: 1612.2mg (70.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.06g (84.11%), Vitamin C: 104.31mg (126.43%), Vitamin K: 114.9µg (109.42%), Selenium: 75.91µg (108.45%), Vitamin A: 3744.67IU (74.89%), Manganese: 1.16mg (58.19%), Phosphorus: 572.95mg (57.29%), Vitamin B2: 0.82mg (48.38%), Vitamin B1: 0.7mg (46.41%), Vitamin B6: 0.75mg (37.59%), Calcium: 341.01mg (34.1%), Folate: 133.41µg (33.35%), Vitamin B3: 6.4mg (32.01%), Vitamin B5: 2.89mg (28.92%), Vitamin D: 4.11µg (27.4%), Iron: 4.69mg (26.04%), Vitamin B12: 1.51µg (25.25%), Zinc: 3.59mg (23.91%), Fiber: 5.59g (22.36%), Vitamin E: 3.28mg (21.89%), Potassium: 684.49mg (19.56%), Magnesium: 77.47mg (19.37%), Copper: 0.26mg (13.01%)