



Eggs Benedict Sandwiches

READY IN



25 min.

SERVINGS



6

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

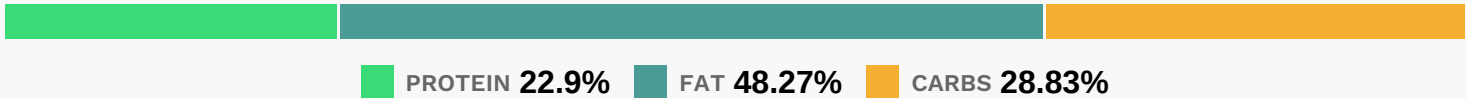
- ☐ 2 cups baby spinach fresh loosely packed
- ☐ 12 oz bread loaf french
- ☐ 10 slices canadian bacon cooked
- ☐ 4 oz colby cheese
- ☐ 8 large eggs
- ☐ 6 servings hollandaise dressing
- ☐ 6 servings bell pepper to taste
- ☐ 6 servings salt to taste

Equipment

Directions

- ☐ Cut French bread loaf in half horizontally; scoop out soft bread from center of each half, leaving a 1/2-inch-thick shell to make filling the sandwich easier. (Reserve soft bread for another use.)
- ☐ Spread inside of bread shells with Hollandaise Dressing.
- ☐ Layer bottom shell with Canadian bacon, fried eggs, Colby cheese, and spinach. Season with salt and pepper to taste. Top with remaining bread shell; cut into sandwiches.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:23.67, Inflammation Score:-10, Nutrition Score:33.005217386329%

Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 534.66kcal (26.73%), Fat: 28.79g (44.3%), Saturated Fat: 9.95g (62.18%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 35.65g (12.97%), Sugar: 6.14g (6.82%), Cholesterol: 294.1mg (98.03%), Sodium: 1413.02mg (61.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.73g (61.46%), Vitamin C: 98.17mg (118.99%), Vitamin A: 3818.16IU (76.36%), Selenium: 51.47µg (73.53%), Vitamin B1: 0.84mg (55.79%), Vitamin K: 53.06µg (50.53%), Vitamin B2: 0.78mg (45.97%), Phosphorus: 417.6mg (41.76%), Folate: 160.05µg (40.01%), Vitamin B3: 6.56mg (32.81%), Vitamin B6: 0.61mg (30.52%), Manganese: 0.5mg (25.13%), Iron: 4.44mg (24.68%), Calcium: 215.31mg (21.53%), Zinc: 2.93mg (19.53%), Vitamin D: 2.78µg (18.51%), Vitamin B12: 1.07µg (17.81%), Vitamin B5: 1.74mg (17.41%), Potassium: 558.78mg (15.97%), Vitamin E: 2.35mg (15.68%), Magnesium: 55.98mg (13.99%), Fiber: 3.03g (12.13%), Copper: 0.19mg (9.47%)