



Eggs Benedict Waffle Sandwiches

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 asparagus spears thin
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounces lower-sodium deli ham shaved
- ☐ 2 large egg yolks
- ☐ 6 large eggs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.4 teaspoon salt divided
- ☐ 0.5 cup butter unsalted

- ☐ 2 tablespoons water cold
- ☐ 6 whole-grain waffles frozen toasted

Equipment

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

Directions

- ☐ To prepare hollandaise, place butter in a small saucepan over medium-low heat; cook 5 minutes or until completely melted. Carefully skim solids off top with a spoon; discard solids. Slowly pour remaining butter out of pan into a small bowl, leaving remaining solids in pan; discard solids, and set clarified butter aside.
- ☐ Combine 2 tablespoons cold water and egg yolks in a small saucepan, stirring with a whisk until foamy.
- ☐ Place pan over low heat, stirring constantly until mixture thickens slightly. Gradually add 1/4 cup clarified butter, about 1 tablespoon at a time, stirring with a whisk until each addition is incorporated and mixture is thick. Reserve remaining clarified butter for another use.
- ☐ Stir lemon juice and 1/8 teaspoon salt into butter mixture, whisking until blended.
- ☐ Remove pan from heat.
- ☐ To prepare sandwich, snap off tough ends of asparagus. Cook asparagus in boiling water to cover 3 minutes.
- ☐ Drain and plunge asparagus into ice water; drain.
- ☐ Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer. Break 1 egg into each of 6 (6-ounce) custard cups coated with cooking spray.
- ☐ Place custard cups in simmering water in pan. Cover pan; cook 6 minutes.
- ☐ Remove custard cups from water.
- ☐ Place 1 ounce ham and 1 poached egg on each waffle; sprinkle eggs evenly with remaining 1/4 teaspoon salt. Top each serving with 2 asparagus spears and 1 tablespoon hollandaise.
- ☐ Sprinkle evenly with pepper.

Nutrition Facts

 **PROTEIN 18.76%**  **FAT 78.47%**  **CARBS 2.77%**

Properties

Glycemic Index:10.67, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:11.599565319393%

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 Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 301.64kcal (15.08%), Fat: 26.4g (40.62%), Saturated Fat: 13.53g (84.59%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.89g (0.99%), Cholesterol: 305.45mg (101.82%), Sodium: 558.6mg (24.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.41%), Selenium: 25.89µg (36.99%), Vitamin B2: 0.37mg (21.96%), Vitamin A: 1067.42IU (21.35%), Phosphorus: 203.41mg (20.34%), Vitamin B1: 0.25mg (16.52%), Vitamin K: 15.1µg (14.38%), Vitamin B12: 0.77µg (12.82%), Folate: 50.36µg (12.59%), Vitamin B6: 0.24mg (12.19%), Vitamin D: 1.79µg (11.92%), Vitamin B5: 1.18mg (11.8%), Iron: 1.98mg (11.02%), Zinc: 1.63mg (10.85%), Vitamin E: 1.58mg (10.53%), Vitamin B3: 1.63mg (8.14%), Potassium: 230.26mg (6.58%), Copper: 0.13mg (6.55%), Calcium: 50.64mg (5.06%), Manganese: 0.09mg (4.72%), Magnesium: 17.02mg (4.25%), Vitamin C: 2.76mg (3.34%), Fiber: 0.72g (2.89%)