



Eggs Benedict with Bacon and Arugula

READY IN



40 min.

SERVINGS



40

CALORIES



74 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 slices bacon halved
- ☐ 5 ounces baby arugula
- ☐ 2 tablespoons wine dry white
- ☐ 4 large egg yolk (large)
- ☐ 8 large eggs (large)
- ☐ 4 muffins split english toasted
- ☐ 1.5 tablespoons juice of lemon freshly squeezed
- ☐ 40 servings salt
- ☐ 0.3 teaspoon all the tabasco sauce you handle

- ☐ 1 stick butter unsalted melted
- ☐ 2 tablespoons vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ In a heatproof bowl set over a pot of barely simmering water, whisk the 4 egg yolks with the wine and a pinch of salt until doubled in volume and slightly thickened, about 2 minutes. Gradually add the melted butter, whisking constantly, until a thick, creamy sauce forms, about 5 minutes.
- ☐ Whisk in the lemon juice and Tabasco and season the hollandaise with salt. Keep the hollandaise sauce warm, whisking occasionally.
- ☐ In a skillet, cook the bacon over moderate heat, turning once, until crisp, 6 minutes.
- ☐ Transfer to a paper towelled plate.
- ☐ Pour off all but 1 tablespoon of the fat in the skillet.
- ☐ Add the arugula, toss quickly in the hot oil and transfer to a plate; season with salt.
- ☐ Bring a large, deep skillet of water to a simmer over moderate heat and add the vinegar. One at a time, break the eggs into a small bowl and pour them into the simmering water, leaving plenty of space between them. Poach the eggs until the whites are set and the yolks are still runny, about 4 minutes. Using a slotted spoon, carefully transfer the eggs to a paper towel-lined plate.
- ☐ Arrange the toasted English muffin halves on plates and top with the bacon, poached eggs, arugula and hollandaise sauce.
- ☐ Serve immediately.

Nutrition Facts

 **PROTEIN 14.54%**  **FAT 68.94%**  **CARBS 16.52%**

Properties

Glycemic Index:4.3, Glycemic Load:1.88, Inflammation Score:-2, Nutrition Score:2.3952173849811%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 73.54kcal (3.68%), Fat: 5.57g (8.56%), Saturated Fat: 2.53g (15.81%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.79g (1.01%), Sugar: 0.14g (0.16%), Cholesterol: 64.54mg (21.51%), Sodium: 266.37mg (11.58%), Alcohol: 0.08g (100%), Alcohol %: 0.32% (100%), Protein: 2.64g (5.29%), Selenium: 4.95µg (7.07%), Vitamin A: 234.9IU (4.7%), Phosphorus: 43.08mg (4.31%), Vitamin B2: 0.07mg (4.19%), Vitamin K: 4.11µg (3.91%), Folate: 12.93µg (3.23%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.15µg (2.52%), Vitamin D: 0.35µg (2.35%), Vitamin B1: 0.03mg (2.09%), Vitamin B6: 0.04mg (2.02%), Iron: 0.35mg (1.93%), Manganese: 0.04mg (1.9%), Zinc: 0.28mg (1.87%), Calcium: 17.6mg (1.76%), Vitamin E: 0.25mg (1.66%), Vitamin B3: 0.29mg (1.44%), Potassium: 46.79mg (1.34%), Magnesium: 4.86mg (1.21%), Copper: 0.02mg (1.06%)