



Eggs Benedict with Canadian Bacon and Spinach

READY IN



90 min.

SERVINGS



4

CALORIES



1714 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound butter hot melted
- ☐ 8 slices canadian bacon
- ☐ 1 pinch cayenne
- ☐ 5 egg yolks (See Disclaimer)
- ☐ 8 eggs
- ☐ 4 muffins split english
- ☐ 1 package pkt spinach frozen thawed cooked drained (press the spinach against the side of the colander to extract as much water as possible)

- ☐ 2 tablespoons heavy cream
- ☐ 1 juice of lemon juiced
- ☐ 2 pounds new potatoes red quartered
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 onion minced
- ☐ 4 servings parsley sprigs for garnish
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 Leaves from 1/4 bunch thyme fresh
- ☐ 2 tablespoons water
- ☐ 1 tablespoon vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ Remove them from the oven and cover to keep warm. Turn the oven heat up to broil.
- ☐ Put the English muffin halves on a baking sheet and brown on both sides under the broiler.
- ☐ Remove to a plate. Reduce the oven heat to 200 degrees F and put the English muffins in the oven to keep warm.

- ☐ Heat 2 to 3 inches salted water to a simmer in a wide saucepan or deep skillet for the eggs; turn off the heat and cover to keep warm.
- ☐ Meanwhile, make the hollandaise.
- ☐ Combine the egg yolks, lemon juice, water, salt and cayenne in a blender and blend until light and fluffy, about 1 minute. Then, with the blender going, drizzle in the melted butter in a thin stream. Taste for salt and lemon juice. To keep the sauce warm, put the whole blender jar in a bowl of warm water; set aside while you finish the dish.
- ☐ When the potatoes are out of the oven, heat a 2-count of olive oil a large skillet over medium-high heat.
- ☐ Add half of the bacon slices and brown on both sides.
- ☐ Transfer to a plate lined with paper towels. Brown the remaining 4 slices and put the on the plate.
- ☐ Put the bacon in the oven to keep warm.
- ☐ Put the skillet back over medium heat.
- ☐ Add a 2-count of olive oil.
- ☐ Add the onion and cook until softened, 3 to 5 minutes.
- ☐ Add the spinach and give it all a stir; cook until warmed through, 3 to 4 minutes. Stir in the cream and simmer to reduce. Season with salt and pepper.
- ☐ Return the water to a bare simmer.
- ☐ Add the vinegar and swirl a couple of times with a kitchen spoon. Then, first cracking each egg into a cup, gently drop 4 eggs into the simmering water and cook until just set, 3 to 5 minutes.
- ☐ Meanwhile, get yourself 4 serving plates and put 2 muffin halves on each plate. Put a piece of bacon on each half and top with a spoonful of spinach.
- ☐ Remove the poached eggs with a slotted spoon and place on top of the spinach. Do the same with the remaining 4 eggs. Spoon the warm hollandaise sauce over and garnish with a parsley sprig.
- ☐ Serve with the Herb-Roasted Potatoes.
- ☐ Preheat the oven to 375 degrees F. Toss together the potatoes, oil, and thyme, and sprinkle with salt. Dump the potatoes out on a baking sheet and roast until tender and crisp on the edges, 30 to 40 minutes.

Nutrition Facts

 **PROTEIN 9.12%**  **FAT 73.62%**  **CARBS 17.26%**

Properties

Glycemic Index:106.69, Glycemic Load:48.18, Inflammation Score:-10, Nutrition Score:51.234347384909%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg, Apigenin: 8.65mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 1714.01kcal (85.7%), Fat: 142.2g (218.77%), Saturated Fat: 70.23g (438.96%), Carbohydrates: 74.99g (25%), Net Carbohydrates: 65.71g (23.9%), Sugar: 4.36g (4.85%), Cholesterol: 851.14mg (283.71%), Sodium: 1911.1mg (83.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.63g (79.26%), Vitamin K: 359.48µg (342.36%), Vitamin A: 12434.5IU (248.69%), Selenium: 60.34µg (86.2%), Vitamin C: 59.36mg (71.95%), Vitamin E: 10.42mg (69.47%), Phosphorus: 683.49mg (68.35%), Vitamin B6: 1.31mg (65.71%), Folate: 253.48µg (63.37%), Vitamin B2: 1.01mg (59.12%), Vitamin B1: 0.88mg (58.64%), Manganese: 1.16mg (58.18%), Potassium: 1725.31mg (49.29%), Iron: 6.71mg (37.3%), Fiber: 9.28g (37.11%), Vitamin B3: 7.42mg (37.09%), Magnesium: 147.48mg (36.87%), Vitamin B5: 3.52mg (35.16%), Vitamin D: 4.69µg (31.27%), Vitamin B12: 1.83µg (30.52%), Calcium: 278.12mg (27.81%), Copper: 0.55mg (27.51%), Zinc: 4.12mg (27.47%)