



Eggs Benedicto (Chipotle Eggs Benedict with Blender Mock Hollandaise)

READY IN



20 min.

SERVINGS



4

CALORIES



765 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon chipotles in adobo sauce canned minced seeded
- ☐ 4 servings pepper black freshly ground
- ☐ 2 large croissants sliced in 1/2
- ☐ 3 egg yolks
- ☐ 8 large very eggs fresh
- ☐ 4 servings kosher salt
- ☐ 1 tablespoons juice of lemon fresh
- ☐ 4 slices pancetta

- ☐ 2 sticks butter unsalted
- ☐ 1 teaspoon vinegar

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ For the hollandaise: In a small saucepan over low heat, melt the butter until bubbling hot. In a blender, add the egg yolks, black pepper, to taste, and 1 tablespoon of lemon juice. Cover the blender and blend on high speed for several seconds. Either remove center cap of the blender lid or carefully remove the lid itself with blender still running.
- ☐ Pour the hot butter in a thin, steady stream into whirling egg mixture.
- ☐ Add the chipotle and pulse to combine. Taste sauce and adjust seasoning with lemon juice, salt, and pepper. (If your sauce gets too thick, you can thin it out with a couple tablespoons of boiling hot water.) For the eggs: In a heavy saucepan combine about 2 quarts of water and the vinegar and bring to a simmer. Break 1 egg into a small bowl or cup and slide the egg into a ladle. Lower the ladle into the water, and hold it there, for 1 minute before removing the ladle and leaving the egg to cook for 2 minutes more. Poach at a low simmer until the whites are firm and the yolks are still runny. Repeat with each remaining egg.
- ☐ Transfer the eggs, with a slotted spoon, to paper towels until ready to serve. To assemble: Arrange a croissant half, cut side up, on each of 4 plates. Put 1 piece of prosciutto on each half, then 2 poached eggs and top with hollandaise.
- ☐ Serve immediately.

Nutrition Facts



 PROTEIN **9.89%**  FAT **80.94%**  CARBS **9.17%**

Properties

Glycemic Index:37.25, Glycemic Load:9.71, Inflammation Score:-8, Nutrition Score:17.868695689284%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 764.75kcal (38.24%), Fat: 69.14g (106.36%), Saturated Fat: 38.43g (240.18%), Carbohydrates: 17.63g (5.88%), Net Carbohydrates: 16.35g (5.95%), Sugar: 4.61g (5.12%), Cholesterol: 667mg (222.33%), Sodium: 530.21mg (23.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.01g (38.01%), Selenium: 48.05µg (68.65%), Vitamin A: 2399.76IU (48%), Vitamin B2: 0.64mg (37.38%), Phosphorus: 311.41mg (31.14%), Folate: 98.65µg (24.66%), Vitamin D: 3.61µg (24.06%), Vitamin B5: 2.34mg (23.38%), Vitamin B12: 1.34µg (22.38%), Vitamin E: 3.03mg (20.21%), Iron: 2.95mg (16.37%), Vitamin B1: 0.22mg (14.64%), Zinc: 2mg (13.34%), Vitamin B6: 0.26mg (13.08%), Calcium: 100.63mg (10.06%), Manganese: 0.16mg (8.18%), Potassium: 226.9mg (6.48%), Copper: 0.12mg (6.19%), Vitamin B3: 1.16mg (5.81%), Fiber: 1.28g (5.13%), Magnesium: 20.54mg (5.13%), Vitamin K: 5.12µg (4.87%), Vitamin C: 1.52mg (1.84%)