



Eggs Benedictwich

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



1182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups baby spinach fresh
- 1 teaspoon dijon mustard
- 3 egg yolks
- 4 large eggs
- 8 large muffins english lightly toasted sliced in half crosswise, buttered and
- 1 tablespoon hot sauce such as tabasco
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon plus more for seasoning

- 2 tablespoons juice of lemon
- 1.5 sticks butter salted melted
- 1 pound cut to fit the muffins english thick your favorite
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- ladle
- blender

Directions

- Watch how to make this recipe.
- Heat a nonstick skillet over medium heat. Fry the ham in 1 tablespoon of the butter until slightly charred, 2 to 4 minutes per side. Wipe the skillet clean and add the remaining tablespoon butter. When the butter is melted, fry the eggs over easy, and season with some salt and pepper.
- In a small bowl, toss together the baby spinach, lemon juice and some salt and pepper. Stack the ham on the bottom of the English muffin. Top with some of the dressed spinach, and then slide 1 fried egg on top. Ladle on some of the Easy Hollandaise sauce, close the muffin and serve.
- Place the eggs, lemon juice, Dijon and hot sauce in a blender and blend until just combined, about 1 minute. While the blender is still running, slowly stream in the warm, melted butter through the top hole, until thickened, about 15 seconds. Adjust seasoning with more lemon juice and some salt. Hold in a thermos if necessary.

Nutrition Facts

 PROTEIN 12.21%  FAT 44.23%  CARBS 43.56%

Properties

Glycemic Index:69.5, Glycemic Load:72.67, Inflammation Score:-9, Nutrition Score:24.904347544131%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 1181.9kcal (59.1%), Fat: 58.51g (90.01%), Saturated Fat: 29.68g (185.5%), Carbohydrates: 129.66g (43.22%), Net Carbohydrates: 113.66g (41.33%), Sugar: 0.7g (0.77%), Cholesterol: 437.96mg (145.99%), Sodium: 991.31mg (43.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.34g (72.67%), Vitamin K: 76.41µg (72.77%), Fiber: 16g (64.02%), Vitamin A: 3112.48IU (62.25%), Iron: 7.42mg (41.24%), Selenium: 23.99µg (34.28%), Phosphorus: 325.24mg (32.52%), Vitamin B2: 0.53mg (30.93%), Folate: 118.52µg (29.63%), Manganese: 0.58mg (29.21%), Calcium: 190.26mg (19.03%), Vitamin B1: 0.27mg (18.04%), Vitamin B5: 1.77mg (17.66%), Vitamin E: 2.35mg (15.66%), Vitamin B12: 0.84µg (13.96%), Vitamin C: 11.12mg (13.48%), Zinc: 1.9mg (12.64%), Vitamin D: 1.83µg (12.23%), Magnesium: 45.06mg (11.27%), Vitamin B6: 0.22mg (11.17%), Copper: 0.22mg (10.95%), Potassium: 348.08mg (9.95%), Vitamin B3: 1.98mg (9.91%)