


 **23%**  
HEALTH SCORE

# Eggs Florentine


 Vegetarian

READY IN




**45 min.**

SERVINGS



**4**

CALORIES



**433 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup butter melted
- 4 servings ground pepper
- 11 eggs
- 4 muffins english toasted
- 4 servings kosher salt to taste
- 2 Tablespoons juice of lemon
- 10 ounces pkt spinach
- 4 Tablespoons water hot

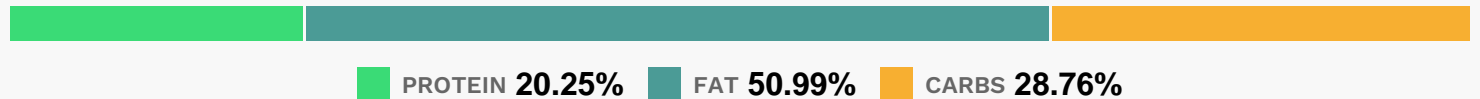
## Equipment

- frying pan
- sauce pan
- whisk
- double boiler

## Directions

- Saute spinach in a saute pan
- Poach 8 eggs and toast muffins. Top each muffin with spinach, then a poached egg. To make the hollandaise sauce, melt the butter and keep it warm, but not hot.
- Heat the lemon juice until just warmed. Have small saucepan with boiling water and a measuring tablespoon ready.
- Place the top of a double boiler over hot water.
- Place 3 egg yolks in the top of a double boiler and whisk until they begin to thicken. Now add 1 tablespoon of the boiling water. Continue to beat the sauce until it begins to thicken. Repeat with the remaining water, one tablespoon at a time, beating the mixture after each addition. Now add the warmed lemon juice.
- Remove the double boiler from the heat. Beat the sauce briskly with a wire whisk. Continue to beat the mixture as you slowly pour in the melted butter.
- Add the salt and cayenne and beat the sauce until it is thick.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:47.25, Glycemic Load:19.03, Inflammation Score:-10, Nutrition Score:31.366086956522%

## 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 Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

## Taste

Sweetness: 43.85%, Saltiness: 100%, Sourness: 26.73%, Bitterness: 19.27%, Savoriness: 56.38%, Fattiness: 92.87%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 433.02kcal (21.65%), Fat: 24.68g (37.97%), Saturated Fat: 11.34g (70.88%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 27.66g (10.06%), Sugar: 1.15g (1.28%), Cholesterol: 480.62mg (160.21%), Sodium: 778.73mg (33.86%), Protein: 22.05g (44.1%), Vitamin K: 345.28µg (328.84%), Vitamin A: 8486.43IU (169.73%), Folate: 219.5µg (54.88%), Selenium: 38.18µg (54.55%), Vitamin B2: 0.8mg (47%), Manganese: 0.91mg (45.73%), Phosphorus: 359.98mg (36%), Vitamin C: 24.4mg (29.58%), Iron: 4.71mg (26.18%), Vitamin E: 3.65mg (24.31%), Vitamin B5: 2.18mg (21.81%), Magnesium: 86.41mg (21.6%), Vitamin B6: 0.42mg (21.06%), Potassium: 688.58mg (19.67%), Vitamin B12: 1.12µg (18.73%), Calcium: 174.95mg (17.5%), Vitamin D: 2.42µg (16.13%), Zinc: 2.4mg (16.02%), Fiber: 3.66g (14.66%), Vitamin B1: 0.22mg (14.39%), Copper: 0.26mg (13.2%), Vitamin B3: 1.68mg (8.42%)