



Eggs Hussarde

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 pound ham cooked thin
- 8 large eggs
- 1 cup knorr hollandaise sauce
- 8 servings marchand de vin sauce
- 2 teaspoons olive oil
- 8 servings paprika
- 8 servings garnish: parsley sprigs italian
- 2 inch tomatoes

- 8 muffin halves english instant crisp toasted

Equipment

- frying pan
- sauce pan
- oven
- slotted spoon
- broiler pan

Directions

- Prepare hollandaise sauce. Keep warm.
- Warm Marchand de Vin Sauce in a heavy saucepan over low heat.
- Place ham slices on a lightly greased rack in a broiler pan.
- Broil 5 inches from heat (with electric oven door partially open) 2 minutes or until thoroughly heated.
- Remove and keep warm.
- Brush tomato slices with oil; place on a lightly greased rack in a broiler pan.
- Broil 5 inches from heat 3 minutes or until thoroughly heated.
- Add water to a depth of 2 inches in a large skillet. Bring to a boil; reduce heat, and maintain a light simmer. Working with 4 eggs, break eggs, one at a time, into a saucer; slip each saucer into water. Simmer 3 minutes or until cooked.
- Remove eggs with a slotted spoon; trim edges, if desired. Repeat procedure with remaining four eggs.
- Place an instant crisp toast on each plate; spoon 1/4 cup Marchand de Vin Sauce over each. Top evenly with ham, tomato, egg, and hollandaise sauce.
- Sprinkle with paprika.
- Garnish, if desired.
- *Note: For hollandaise sauce, we used 1 (9 ounce) package hollandaise sauce mix.

Nutrition Facts



■ PROTEIN 20.19% ■ FAT 48.68% ■ CARBS 31.13%

Properties

Glycemic Index:20, Glycemic Load:18.61, Inflammation Score:-8, Nutrition Score:17.504347759744%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 396.89kcal (19.84%), Fat: 21.4g (32.92%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 28.4g (10.33%), Sugar: 0.67g (0.75%), Cholesterol: 221.31mg (73.77%), Sodium: 1063.94mg (46.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.94%), Vitamin K: 68.01µg (64.77%), Selenium: 23.9µg (34.14%), Vitamin A: 1597.33IU (31.95%), Phosphorus: 307.73mg (30.77%), Vitamin B2: 0.45mg (26.24%), Vitamin B1: 0.36mg (23.92%), Vitamin C: 15.39mg (18.65%), Vitamin B12: 1.07µg (17.79%), Vitamin B5: 1.46mg (14.59%), Zinc: 2.12mg (14.15%), Manganese: 0.28mg (13.82%), Vitamin B3: 2.7mg (13.49%), Iron: 2.42mg (13.45%), Vitamin B6: 0.27mg (13.27%), Folate: 53.02µg (13.26%), Fiber: 2.38g (9.51%), Potassium: 332.44mg (9.5%), Copper: 0.18mg (8.93%), Vitamin E: 1.28mg (8.56%), Magnesium: 32.53mg (8.13%), Calcium: 70.36mg (7.04%), Vitamin D: 1µg (6.67%)