



Eggs Royale

🤍 Popular

READY IN



40 min.

SERVINGS



2

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 egg yolk
- ☐ 2 eggs
- ☐ 2 muffins english halved
- ☐ 2 servings parsley fresh chopped (for garnishing)
- ☐ 3 slices gravlax cure smoked
- ☐ 2 tsp juice of lemon fresh
- ☐ 2 servings salt

- ☐ 100 g butter unsalted
- ☐ 1 tsp vinegar

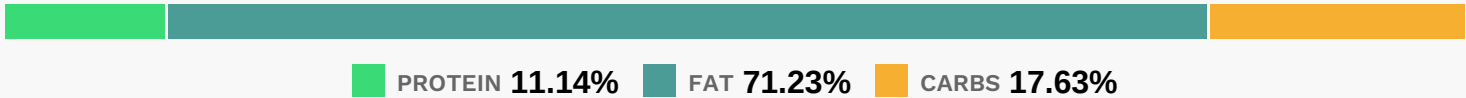
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a saucepan.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:18.56, Inflammation Score:-8, Nutrition Score:18.809130440588%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 622.69kcal (31.13%), Fat: 49.49g (76.14%), Saturated Fat: 28.36g (177.22%), Carbohydrates: 27.55g (9.18%), Net Carbohydrates: 25.84g (9.4%), Sugar: 0.4g (0.45%), Cholesterol: 375.28mg (125.09%), Sodium: 768.13mg (33.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.42g (34.84%), Vitamin K: 69.49µg (66.18%), Vitamin D: 7.25µg (48.31%), Selenium: 28.79µg (41.14%), Vitamin A: 1980.79IU (39.62%), Vitamin B12: 1.65µg (27.55%), Phosphorus: 262.21mg (26.22%), Vitamin B2: 0.39mg (22.85%), Folate: 64.11µg (16.03%), Vitamin B5: 1.54mg (15.38%), Vitamin E: 2.3mg (15.32%), Manganese: 0.25mg (12.47%), Vitamin B3: 2.42mg (12.11%), Iron: 2.05mg (11.4%), Vitamin B6: 0.22mg (11.1%), Vitamin B1: 0.15mg (10.05%), Copper: 0.2mg (9.88%), Zinc: 1.36mg (9.06%), Vitamin C: 7.31mg (8.86%), Calcium: 87.72mg (8.77%), Fiber: 1.71g (6.85%), Potassium: 238.43mg (6.81%), Magnesium: 26.6mg (6.65%)