



Farmhouse Eggs Benedict

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings cup heavy whipping cream sour
- ☐ 4 slices deli honey ham low-sodium
- ☐ 0.9 oz knorr hollandaise sauce mix
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup milk 2% reduced-fat
- ☐ 4 poached eggs

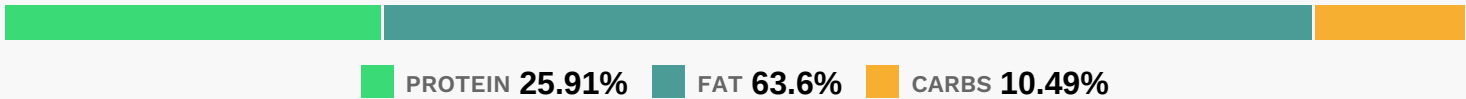
Equipment

- ☐ broiler

Directions

- ☐ Prepare hollandaise sauce mix according to package directions, using 2% reduced-fat milk and lemon juice and omitting butter.
- ☐ Cut 4 Sour Cream Cornbread wedges in half lengthwise, and toast under the broiler. Top 2 toasted cornbread halves with 1 low-sodium ham slice, 1 poached egg, and 1 Tbsp. hollandaise sauce. Repeat with remaining cornbread.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:9.4660870057085%

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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 249.03kcal (12.45%), Fat: 16.03g (24.66%), Saturated Fat: 7.43g (46.41%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.93g (2.16%), Sugar: 3.8g (4.22%), Cholesterol: 251.37mg (83.79%), Sodium: 713.19mg (31.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.39%), Selenium: 23.59µg (33.7%), Vitamin B2: 0.39mg (23.17%), Phosphorus: 222mg (22.2%), Vitamin B12: 0.87µg (14.52%), Vitamin B1: 0.21mg (14.14%), Vitamin B5: 1.15mg (11.5%), Calcium: 111.11mg (11.11%), Vitamin A: 550.13IU (11%), Zinc: 1.62mg (10.78%), Vitamin B6: 0.21mg (10.48%), Vitamin D: 1.44µg (9.57%), Potassium: 253.65mg (7.25%), Vitamin B3: 1.35mg (6.76%), Iron: 1.15mg (6.4%), Folate: 23.39µg (5.85%), Vitamin E: 0.79mg (5.25%), Magnesium: 19.31mg (4.83%), Vitamin C: 3.11mg (3.77%), Copper: 0.07mg (3.28%), Manganese: 0.03mg (1.36%)