



Egg-in-a-Nest Benedict Sandwiches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 2 large egg yolk
- 4 large eggs
- 4 muffins split english toasted
- 4 servings kosher salt
- 1 tablespoon juice of lemon freshly squeezed
- 3 tablespoons butter unsalted

Equipment

- frying pan
- sauce pan
- baking paper
- aluminum foil
- spatula

Directions

- For the hollandaise sauce: Fill a large saucepan a quarter of the way full with water and bring to a simmer over high heat.
- Remove from the heat and set aside.
- Heat a large nonstick frying pan over medium heat until hot, about 2 minutes.
- Add the Canadian bacon and cook, flipping halfway through, until heated through and lightly browned on both sides, about 2 minutes total.
- Remove to a small plate and cover with aluminum foil to keep warm; set aside. Reserve the pan. Use a 2-inch round cutter to cut a hole out of the center of each bottom half of the muffins (the bottom is the larger half, usually with cornmeal stuck to it); set aside. Melt the butter in the frying pan over medium heat until foaming.
- Add the 4 halves of the muffins with the holes, cut-side down. Crack an egg into each hole (it's OK if the egg runs over the muffin), season with salt and pepper, and cook undisturbed until the bottoms are golden brown, about 3 to 4 minutes. Using a flat spatula, flip the muffins and top with the reserved bacon. Cook until the second side is golden brown, about 2 minutes more for semirunny yolks.
- Remove to a work surface, keeping the bacon sides up. Spoon about 1 1/2 tablespoons of the warm hollandaise on the cut side of each remaining muffin half, spreading it into an even layer. Close the sandwiches so that they are egg-side up, wrap in parchment paper or foil, and serve immediately.

Nutrition Facts

 PROTEIN 15.86%  FAT 48.63%  CARBS 35.51%

Properties

Glycemic Index: 26.75, Glycemic Load: 18.52, Inflammation Score: -3, Nutrition Score: 9.6669565750205%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 309.18kcal (15.46%), Fat: 16.56g (25.48%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 25.64g (9.32%), Sugar: 0.33g (0.37%), Cholesterol: 300.38mg (100.13%), Sodium: 534.56mg (23.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.31%), Selenium: 20.22µg (28.89%), Vitamin B2: 0.37mg (21.5%), Phosphorus: 210.94mg (21.09%), Folate: 58.08µg (14.52%), Vitamin A: 655.74IU (13.11%), Vitamin B5: 1.29mg (12.93%), Manganese: 0.24mg (11.81%), Vitamin B12: 0.65µg (10.86%), Vitamin D: 1.62µg (10.78%), Vitamin B1: 0.14mg (9.31%), Iron: 1.63mg (9.06%), Zinc: 1.25mg (8.35%), Calcium: 71.91mg (7.19%), Vitamin B6: 0.14mg (7.08%), Vitamin E: 0.99mg (6.63%), Fiber: 1.58g (6.3%), Copper: 0.12mg (5.99%), Magnesium: 19.01mg (4.75%), Vitamin B3: 0.94mg (4.71%), Potassium: 160.69mg (4.59%), Vitamin C: 1.51mg (1.83%), Vitamin K: 1.11µg (1.06%)