



Garden District Eggs

READY IN



45 min.

SERVINGS



8

CALORIES



778 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings bell pepper fresh red finely chopped chopped
- ☐ 16 ounce bread french cut into 1-inch cubes
- ☐ 1 cup butter melted
- ☐ 32 ounce chicken broth
- ☐ 1 cup breadcrumbs dry fine
- ☐ 4 large eggs lightly beaten
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 pound mushrooms fresh sliced
- ☐ 7 garlic clove minced

- ☐ 1 medium size bell pepper green finely chopped
- ☐ 2 bunches spring onion chopped
- ☐ 8 servings knorr hollandaise sauce
- ☐ 0.5 pound mushrooms wild sliced
- ☐ 1 medium onion finely chopped
- ☐ 1 teaspoon pepper
- ☐ 16 poached eggs
- ☐ 1 medium size bell pepper red finely chopped
- ☐ 1 teaspoon salt
- ☐ 12 ounce pkt spinach fresh
- ☐ 1 tablespoon water

Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ dutch oven

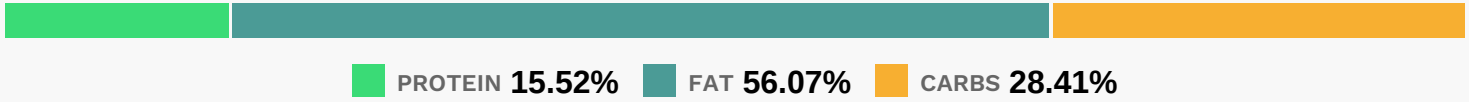
Directions

- ☐ Melt butter in a Dutch oven over medium heat; add onion, peppers, and garlic; saut 10 minutes or until tender.
- ☐ Add mushrooms, and cook 30 minutes or until liquid evaporates. Stir in bread cubes, lightly beaten eggs, and breadcrumbs. Gradually stir in chicken broth until the mixture resembles stuffing. Stir in herbs, green onions, salt, and pepper. Cover and chill 8 hours.
- ☐ Shape mixture into 16 patties, using about 3/4 cup mixture for each patty. Cook, in batches, on a nonstick griddle or a large nonstick skillet coated with cooking spray over medium-high heat 4 minutes on each side or until golden.
- ☐ Place cakes on a wire rack in a jellyroll pan, and keep warm in a 200 oven.
- ☐ Cook spinach and 1 tablespoon water in a large nonstick skillet over medium heat 5 minutes or until wilted, stirring once; drain well.

- ☐
- Place 1/4 cup spinach on each of 8 serving plates; top with two mushroom cakes. Top with 2 poached eggs and Tasso Hollandaise.

☐☐

Nutrition Facts



Properties

Glycemic Index:61.44, Glycemic Load:25.33, Inflammation Score:-10, Nutrition Score:47.201304311338%

Flavonoids

Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg, Kaempferol: 2.92mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 777.84kcal (38.89%), Fat: 49.43g (76.04%), Saturated Fat: 21.74g (135.89%), Carbohydrates: 56.37g (18.79%), Net Carbohydrates: 50.07g (18.21%), Sugar: 11.15g (12.39%), Cholesterol: 530.67mg (176.89%), Sodium: 1939.3mg (84.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.55%), Vitamin K: 231.6µg (220.57%), Vitamin C: 143.24mg (173.62%), Vitamin A: 8339.68IU (166.79%), Selenium: 67.55µg (96.5%), Vitamin B2: 1.39mg (81.72%), Folate: 278.6µg (69.65%), Manganese: 1.16mg (58.17%), Vitamin B1: 0.77mg (51.64%), Phosphorus: 471.02mg (47.1%), Vitamin B3: 8.37mg (41.86%), Iron: 7.37mg (40.97%), Vitamin B6: 0.78mg (39.21%), Vitamin B5: 3.86mg (38.57%), Potassium: 1068.37mg (30.52%), Copper: 0.6mg (30.21%), Vitamin E: 4.52mg (30.16%), Fiber: 6.29g (25.18%), Magnesium: 98.44mg (24.61%), Zinc: 3.5mg (23.35%), Calcium: 203.28mg (20.33%), Vitamin B12: 1.08µg (18.08%), Vitamin D: 2.67µg (17.8%)