



Gordon's eggs Benedict



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tbsp citrus champagne vinegar
- ☐ 4 large eggs free range
- ☐ 2 toasting muffins
- ☐ 1 batch hollandaise sauce hot well (see 'Goes with' below)
- ☐ 4 slices parma ham (or Serrano or Bayonne)

Equipment

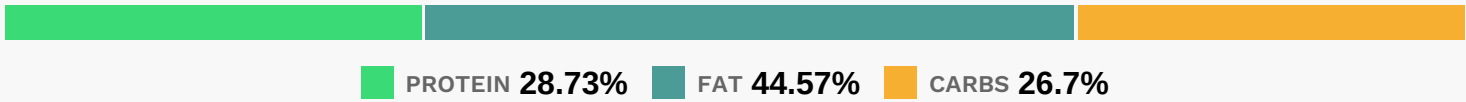
- ☐ sauce pan
- ☐ ramekin

☐ slotted spoon

Directions

- ☐ Bring a deep saucepan of water to the boil (at least 2 litres) and add the vinegar. Break the eggs into 4 separate coffee cups or ramekins. Split the muffins, toast them and warm some plates.
- ☐ Swirl the vinegared water briskly to form a vortex and slide in an egg. It will curl round and set to a neat round shape. Cook for 2–3 mins, then remove with a slotted spoon.
- ☐ Repeat with the other eggs, one at a time, re-swirling the water as you slide in the eggs.
- ☐ Spread some sauce on each muffin, scrunch a slice of ham on top, then top with an egg. Spoon over the remaining hollandaise and serve at once.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:9.26, Inflammation Score:-2, Nutrition Score:8.6556522013701%

Nutrients (% of daily need)

Calories: 209.29kcal (10.46%), Fat: 10.03g (15.43%), Saturated Fat: 3.33g (20.8%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.75g (4.63%), Sugar: 0.19g (0.21%), Cholesterol: 203.38mg (67.79%), Sodium: 537.79mg (23.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.54g (29.09%), Selenium: 21.71µg (31.01%), Phosphorus: 197.72mg (19.77%), Vitamin B2: 0.33mg (19.66%), Vitamin B1: 0.24mg (15.99%), Vitamin B12: 0.64µg (10.59%), Vitamin B5: 1.02mg (10.22%), Vitamin B6: 0.2mg (10.18%), Zinc: 1.5mg (9.98%), Folate: 34.88µg (8.72%), Vitamin B3: 1.73mg (8.66%), Vitamin D: 1.2µg (7.97%), Iron: 1.42mg (7.9%), Manganese: 0.12mg (6.24%), Potassium: 190.77mg (5.45%), Vitamin A: 270IU (5.4%), Copper: 0.1mg (4.86%), Calcium: 45.45mg (4.55%), Magnesium: 17.75mg (4.44%), Vitamin E: 0.63mg (4.17%), Fiber: 0.77g (3.08%)