



Horseradish Crab Cake Benedict with Simple Hollandaise

READY IN



95 min.

SERVINGS



4

CALORIES



620 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh soft
- ☐ 1 tablespoon butter
- ☐ 4 slices canadian bacon thick
- ☐ 1 large eggs lightly beaten
- ☐ 4 large eggs
- ☐ 2 muffins english
- ☐ 4 servings knorr hollandaise sauce

- ☐ 1 tablespoon horseradish prepared
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 pound lump crab meat fresh drained
- ☐ 1.3 teaspoons seafood seasoning
- ☐ 2 tablespoons cream sour
- ☐ 2 tablespoons vegetable oil

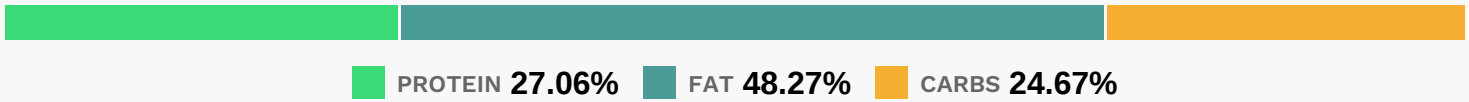
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a medium bowl. Fold in crabmeat. Shape crab mixture into 4 (3-inch) patties; chill 1 hour.
- ☐ Melt butter with oil in a large skillet over medium-high heat; add crab cakes, and cook 4 to 6 minutes on each side or until golden. Cover and keep warm.
- ☐ Split and toast English muffins; warm bacon, and poach eggs.
- ☐ Divide muffin halves among 4 serving plates; top each with 1 Canadian bacon slice, 1 crab cake, and 1 egg.
- ☐ Drizzle with Simple Hollandaise; serve immediately.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:9.38, Inflammation Score:-6, Nutrition Score:31.238260974055%

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: 620.17kcal (31.01%), Fat: 32.89g (50.6%), Saturated Fat: 9.2g (57.5%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 35.59g (12.94%), Sugar: 2.62g (2.91%), Cholesterol: 309.84mg (103.28%), Sodium: 1893.46mg (82.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.5g (82.99%), Vitamin B12: 11.08µg (184.62%), Selenium: 74.81µg (106.88%), Copper: 1.22mg (61.02%), Zinc: 8.62mg (57.46%), Phosphorus: 532.23mg (53.22%), Vitamin B1: 0.61mg (40.38%), Vitamin B2: 0.55mg (32.4%), Folate: 124.83µg (31.21%), Vitamin B3: 5.36mg (26.78%), Manganese: 0.48mg (23.94%), Vitamin B6: 0.45mg (22.49%), Magnesium: 89.25mg (22.31%), Iron: 3.78mg (20.97%), Vitamin K: 20.1µg (19.14%), Vitamin B5: 1.82mg (18.18%), Calcium: 169.9mg (16.99%), Potassium: 537.1mg (15.35%), Vitamin C: 11.93mg (14.46%), Vitamin D: 2.05µg (13.65%), Vitamin A: 507.22IU (10.14%), Vitamin E: 1.42mg (9.46%), Fiber: 2.23g (8.93%)