



How to Make Eggs Benedict

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 pieces bacon
- ☐ 2 tablespoons parsley chopped for garnish
- ☐ 4 eggs
- ☐ 2 teaspoons rice vinegar white
- ☐ 2 muffins english
- ☐ 4 servings butter
- ☐ 10 tablespoons butter unsalted salted (if using butter, omit the added salt)
- ☐ 3 egg yolks

- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash cayenne

Equipment

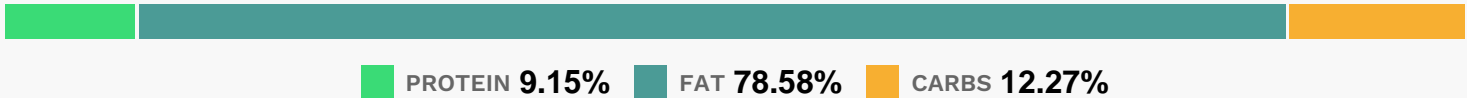
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ blender
- ☐ stove
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ the bacon:
- ☐ Heat a large skillet on medium low heat.
- ☐ Add the strips of bacon or the slices of Canadian bacon. Slowly fry, turning occasionally, until the bacon is browned on both sides, and if using strip bacon, much of the fat is rendered out (about 10 minutes).
- ☐ Use tongs or a fork to remove the bacon from the pan, set on a paper towel to absorb the excess fat.
- ☐ Don't pour the bacon fat left in the pan down the drain! Either sop it up with paper towels when it has cooled a bit, or pour it into a jar to be used later (see rendering bacon fat).
- ☐ Bring poaching water to a simmer: While the bacon is cooking, bring a large saucepan two-thirds-filled with water to a boil, then add the vinegar. Bring the water to a boil again, then lower the heat to a bare simmer.
- ☐ Hollandaise sauce in blender: To make blender hollandaise, melt 10 Tbsp unsalted butter.
- ☐ Put 3 egg yolks, a tablespoon of lemon juice, 1/2 teaspoon salt in a blender, blend on medium to medium high speed for 20-30 seconds, until eggs lighten in color.

- ☐ Turn blender down to lowest setting, slowly dribble in the hot melted butter, while continuing to blend. Taste for salt and acidity and add more salt or lemon juice to taste.
- ☐ Transfer it to a container you can use for pouring and set it on a warm—but not hot—place on or near the stovetop.
- ☐ the eggs: Here is an easy method for poaching eggs. Essentially, working one egg at a time you crack an egg into a small bowl and slip it into the barely simmering water. Once it begins to solidify, you can slip in another egg, until you have all four cooking.
- ☐ Turn off the heat, cover the pan, and let sit for 4 minutes. (Remember which egg went in first, you'll want to take it out first.) When it comes time to remove the eggs, gently lift out with a slotted spoon.
- ☐ Note that the timing is a little variable on the eggs, depending on the size of your pan, how much water, how many eggs, and how runny you like them. You might have to experiment a little with your set-up to figure out what you need to do to get the eggs exactly the way you like them.
- ☐ Toast English muffins: As soon as all the eggs are in the poaching water, begin toasting your English muffins. If you can't get all the muffins toasted by the time the eggs are ready, gently remove the eggs from the poaching water and set in a bowl.
- ☐ Assemble your Eggs Benedict: To assemble, butter one side of an English muffin. Top with two slices of bacon or 1 slice of Canadian bacon. You can trim the bacon to fit the muffin if you'd like.
- ☐ Put a poached egg on top of the bacon, then pour some hollandaise over.
- ☐ Sprinkle some parsley over it all and serve at once.

Nutrition Facts



Properties

Glycemic Index:59.75, Glycemic Load:9.28, Inflammation Score:-7, Nutrition Score:11.790434806243%

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 Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 465.38kcal (23.27%), Fat: 40.89g (62.9%), Saturated Fat: 23.34g (145.87%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 13.52g (4.91%), Sugar: 0.38g (0.42%), Cholesterol: 396.48mg (132.16%), Sodium: 547.18mg (23.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.43%), Vitamin K: 35.85µg (34.14%), Vitamin A: 1610.98IU (32.22%), Selenium: 21.99µg (31.41%), Vitamin B2: 0.34mg (19.77%), Phosphorus: 193.77mg (19.38%), Vitamin D: 2.19µg (14.6%), Folate: 56.03µg (14.01%), Vitamin B5: 1.27mg (12.73%), Vitamin B12: 0.75µg (12.46%), Vitamin E: 1.77mg (11.8%), Iron: 1.55mg (8.59%), Zinc: 1.17mg (7.78%), Vitamin B1: 0.11mg (7.51%), Vitamin B6: 0.15mg (7.37%), Calcium: 69.99mg (7%), Manganese: 0.13mg (6.48%), Vitamin C: 4.16mg (5.04%), Copper: 0.09mg (4.47%), Potassium: 144.81mg (4.14%), Magnesium: 14.38mg (3.59%), Fiber: 0.85g (3.41%), Vitamin B3: 0.66mg (3.28%)