

Meatless Eggs Benedict

 Vegetarian

READY IN



25 min.

SERVINGS



2

CALORIES



605 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 2 servings chives
- 2 tablespoons cup heavy whipping cream
- 3 egg yolk
- 4 eggs
- 2 muffins english
- 2 servings pepper fresh
- 2 tablespoons juice of lemon fresh

- 0.5 teaspoon salt
- 1 teaspoon vinegar

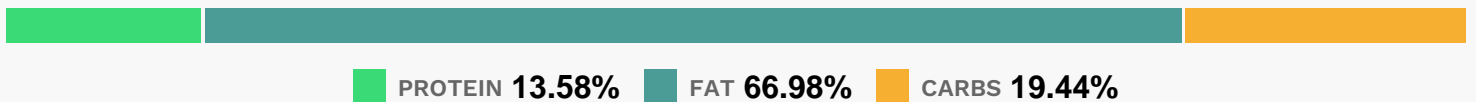
Equipment

- food processor
- frying pan
- double boiler
- slotted spoon

Directions

- Bring a shallow pan of water and the vinegar to a boil. To poach the eggs, break each egg into a cup, and slide into the boiling water. By putting it in a cup first, it keeps the eggs neater in the boiling water. Cook for about 2–3 minutes, remove with a slotted spoon and drain on a towel. Toast the English muffins. For the hollandaise sauce, put the egg yolks, lemon juice and salt in a food processor and blend until smooth. Melt the butter in a pan on a very low flame, then add it to the food processor and blend until well mixed.
- Place the sauce in a double boiler and simmer for 2–3 minutes, stirring it constantly– so it doesn't start to clump and turn into scrambled eggs. (If you don't have a double boiler– like me– put it in a non-stick pan and make the flame super low. Pay extra attention to constantly stirring it. Stir in the cream and season with pepper.
- Place a poached egg on each muffin slice and top with the sauce and chopped fresh chives.

Nutrition Facts



Properties

Glycemic Index:126, Glycemic Load:18.54, Inflammation Score:-7, Nutrition Score:18.309565217391%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 605.48kcal (30.27%), Fat: 45.02g (69.27%), Saturated Fat: 23.52g (147.03%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 27.78g (10.1%), Sugar: 1.33g (1.48%), Cholesterol: 696.92mg (232.31%), Sodium: 1170.52mg (50.89%), Protein: 20.53g (41.07%), Selenium: 42.91µg (61.3%), Vitamin B2: 0.67mg (39.64%), Phosphorus: 372.9mg (37.29%), Vitamin A: 1839.11IU (36.78%), Folate: 107.39µg (26.85%), Vitamin B5: 2.5mg (25.04%), Vitamin B12: 1.4µg (23.41%), Vitamin D: 3.46µg (23.05%), Vitamin E: 2.44mg (16.28%), Iron: 2.85mg (15.82%), Zinc: 2.23mg (14.89%), Vitamin B6: 0.28mg (14.16%), Calcium: 133.23mg (13.32%), Manganese: 0.26mg (13.21%), Vitamin B1: 0.19mg (12.99%), Copper: 0.17mg (8.26%), Vitamin C: 6.53mg (7.92%), Potassium: 266.51mg (7.61%), Magnesium: 27.03mg (6.76%), Fiber: 1.63g (6.54%), Vitamin B3: 1.01mg (5.04%), Vitamin K: 5.21µg (4.96%)