



WHATSheATE



Microwave Cornbread Eggs Benedict

READY IN



20 min.

SERVINGS



2

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 slices processed cheese food
- ☐ 4 strips bacon
- ☐ 2 servings pepper black freshly ground
- ☐ 2 servings chives chopped for garnish
- ☐ 1 package microwave cornbread
- ☐ 2 large eggs
- ☐ 1 teaspoon hot sauce recommended: Tabasco
- ☐ 2 servings kosher salt
- ☐ 2 tablespoons milk

☐ 1 teaspoon mustard

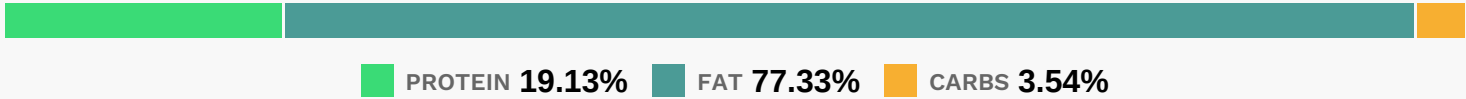
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ toothpicks
- ☐ microwave
- ☐ skewers

Directions

- ☐ Fill a 1-quart microwave safe bowl 1/2 full with water. Crack the eggs into it and poke a hole in the yolks with a skewer or toothpick. Microwave on high for 1 to 1 1/2 minutes until the whites are set and the yolks are still soft.
- ☐ Remove from the oven and set aside.
- ☐ Put 2 layers of paper towels onto a microwave safe plate and place the bacon strips on top. Microwave on high power for about 3 minutes, or until crisp. Set aside.
- ☐ Mix the microwave cornbread according to package directions. Cook 2 English muffin size portions using a microwave safe cup according to package directions.
- ☐ Remove from the cup and put onto plates.
- ☐ Tear the cheese into pieces and put them into a small microwave safe bowl.
- ☐ Add the milk, hot sauce, and mustard and season with salt and pepper. Microwave on high for 1 minute, stirring half way through, or until the cheese is melted and smooth.
- ☐ To assemble, top each cornbread muffin with 2 slices of bacon. Put a poached egg on top of each and cover each with half the cheese sauce.
- ☐ Garnish with chives and serve.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:0.71, Inflammation Score:-4, Nutrition Score:14.097826042901%

Flavonoids

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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 423.75kcal (21.19%), Fat: 36.2g (55.69%), Saturated Fat: 15.31g (95.67%), Carbohydrates: 3.73g (1.24%), Net Carbohydrates: 3.55g (1.29%), Sugar: 2.02g (2.24%), Cholesterol: 259.13mg (86.38%), Sodium: 1346.99mg (58.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.15g (40.3%), Calcium: 491.44mg (49.14%), Selenium: 33.87µg (48.39%), Phosphorus: 452.34mg (45.23%), Vitamin B12: 1.38µg (22.95%), Vitamin B2: 0.39mg (22.86%), Zinc: 2.3mg (15.34%), Vitamin A: 757.4IU (15.15%), Vitamin B5: 1.25mg (12.53%), Vitamin B6: 0.24mg (12.04%), Vitamin B1: 0.16mg (10.89%), Vitamin D: 1.59µg (10.62%), Vitamin B3: 1.89mg (9.46%), Iron: 1.41mg (7.81%), Vitamin E: 1.07mg (7.16%), Folate: 28.5µg (7.12%), Potassium: 245.68mg (7.02%), Magnesium: 25.98mg (6.5%), Copper: 0.08mg (3.99%), Vitamin K: 3.68µg (3.51%), Manganese: 0.07mg (3.31%), Vitamin C: 2.09mg (2.53%)