



Pita Eggs Benedict over Grilled Prosciutto and Olive Oil Hollandaise

READY IN



30 min.

SERVINGS



2

CALORIES



1049 kcal

SAUCE

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 2 large egg yolks
- ☐ 4 large eggs at room temperature
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 2 pieces pita bread

- ☐ 4 slices pancetta thin
- ☐ 0.5 teaspoon gray salt
- ☐ 2 servings gray salt
- ☐ 0.5 cup butter unsalted 1 stick

Equipment

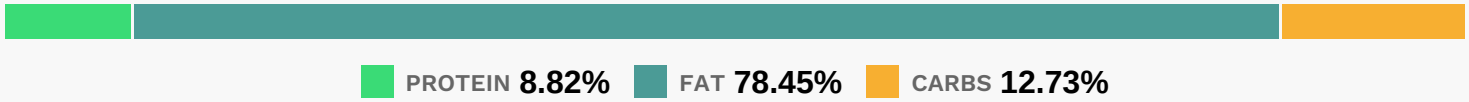
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ ramekin
- ☐ grill
- ☐ spatula
- ☐ grill pan

Directions

- ☐ Heat the olive oil and butter in a pan until the butter is melted.
- ☐ Put the egg yolks, cream, lemon juice, salt, and pepper into a blender and blend for a few seconds at high speed until you have a smooth frothy mixture. Still at high speed, start pouring in the hot butter mixture in a thin, steady stream, not too slowly. As you add the butter mixture, the sauce should thicken. Continue pouring and blending until all the butter is used.
- ☐ Serve immediately or keep warm.
- ☐ Make the eggs: Fill a large deep skillet halfway with water and bring to a simmer.
- ☐ Brush 1 tablespoon butter into 2 ramekins or small ovenproof bowls.
- ☐ Sprinkle with salt and pepper. Crack 2 eggs into each dish.
- ☐ Place the dishes into the simmering water and cover the pan. Cook until firm, about 6 to 7 minutes.
- ☐ While the eggs poach, heat a grill pan and grill the prosciutto until crispy.
- ☐ Brush the pita with the remaining butter and grill.

- ☐
- Put a piece of toasted pita on each of 2 plates and top with the prosciutto.
- ☐
- Remove the eggs from the ramekins by running a knife or small spatula around the eggs.
Unmold the eggs on top of the prosciutto.
- ☐
- Drizzle the eggs with 2 tablespoons Hollandaise, grind a little black pepper over each, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:29.08, Inflammation Score:-8, Nutrition Score:20.676521747009%

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 Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1048.61kcal (52.43%), Fat: 91.95g (141.46%), Saturated Fat: 46.54g (290.88%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 32.28g (11.74%), Sugar: 0.92g (1.02%), Cholesterol: 726.75mg (242.25%), Sodium: 1430mg (62.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.27g (46.54%), Selenium: 44.38µg (63.4%), Vitamin A: 2670.35IU (53.41%), Vitamin B2: 0.65mg (38.44%), Phosphorus: 363.75mg (36.37%), Vitamin E: 4.84mg (32.24%), Vitamin D: 3.95µg (26.35%), Vitamin B5: 2.46mg (24.61%), Vitamin B12: 1.43µg (23.9%), Folate: 89.2µg (22.3%), Vitamin B1: 0.27mg (18.04%), Iron: 3.17mg (17.6%), Manganese: 0.33mg (16.32%), Zinc: 2.43mg (16.19%), Calcium: 150.3mg (15.03%), Vitamin B6: 0.3mg (14.98%), Vitamin K: 12.28µg (11.69%), Copper: 0.2mg (9.95%), Vitamin B3: 1.96mg (9.82%), Potassium: 288.84mg (8.25%), Magnesium: 31.91mg (7.98%), Fiber: 1.28g (5.12%), Vitamin C: 2.95mg (3.57%)