



Poached Eggs and Potato Cakes with Tomato Hollandaise

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 large eggs
- ☐ 0.9 ounce knorr hollandaise sauce mix
- ☐ 1 tablespoon butter light
- ☐ 0.8 cup milk 1% low-fat
- ☐ 4 potatoes
- ☐ 1 tablespoon sun-dried olives
- ☐ 2 tablespoons vinegar white

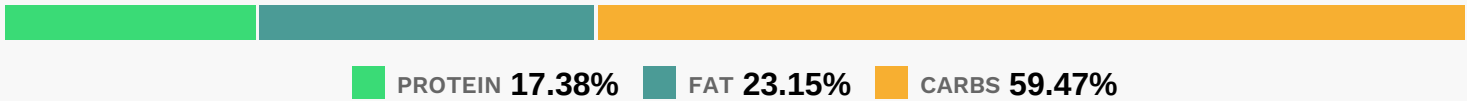
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 35
- ☐ Reheat Potato Cakes according to recipe instructions on page
- ☐ Add water to a depth of 2 inches in a large nonstick skillet.
- ☐ Add vinegar. Bring to a boil; reduce heat, and maintain at a light simmer. Break eggs, 1 at a time, into a measuring cup or saucer; slip eggs, 1 at a time, into water, holding cup as close as possible to surface of water. Simmer 5 minutes or until done.
- ☐ Remove eggs with a slotted spoon.
- ☐ Combine sauce mix and milk in a small saucepan; stir with a whisk until smooth.
- ☐ Add butter. Bring to a simmer over medium heat, stirring constantly with a whisk, 2 minutes or until thickened; stir in tomato sprinkles.
- ☐ Place potato cakes on plates; top with eggs. Spoon sauce over eggs.

Nutrition Facts



Properties

Glycemic Index:40.94, Glycemic Load:27.4, Inflammation Score:-5, Nutrition Score:17.128695716029%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 304kcal (15.2%), Fat: 7.33g (11.28%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 42.39g (14.13%), Net Carbohydrates: 37.55g (13.65%), Sugar: 4.51g (5.02%), Cholesterol: 219.26mg (73.09%), Sodium: 304.27mg (13.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.78%), Vitamin C: 42.45mg (51.46%), Vitamin B6: 0.74mg (37.22%), Potassium: 1081.61mg (30.9%), Phosphorus: 271.95mg (27.19%), Selenium: 17.06µg (24.37%), Vitamin B2: 0.37mg (21.6%), Fiber: 4.84g (19.36%), Manganese: 0.37mg (18.43%), Vitamin B5: 1.58mg (15.83%), Magnesium: 62.98mg (15.75%), Iron: 2.69mg (14.95%), Vitamin B1: 0.22mg (14.84%), Folate: 59.35µg (14.84%), Copper: 0.28mg (14.24%), Vitamin B3: 2.45mg (12.23%), Vitamin B12: 0.72µg (11.99%), Calcium: 112.85mg (11.28%), Vitamin D: 1.52µg (10.15%), Zinc: 1.49mg (9.92%), Vitamin A: 431.35IU (8.63%), Vitamin K: 4.95µg (4.71%), Vitamin E: 0.61mg (4.07%)