



Poached Eggs, Tasso Ham, Griddle Tomato and Cajun Hollandaise with English Muffins

READY IN



40 min.

SERVINGS



4

CALORIES



955 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 servings cajun hollandaise
- 4 servings canola oil
- 0.1 teaspoon cayenne powder
- 0.3 teaspoon chile de árbol
- 2 teaspoons new mexican chile powder
- 1 teaspoon thyme leaves dried
- 3 large egg yolks lightly beaten

- 4 eggs
- 4 muffins split english toasted
- 1 teaspoon garlic powder
- 8 ounces tasso ham sliced into 1/ slices
- 4 heirloom tomatoes sliced in half crosswise
- 1 teaspoon kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1 tablespoon juice of lemon fresh
- 1 teaspoon onion powder
- 1 teaspoon oregano dried
- 2 tablespoons paprika spanish
- 0.8 cup butter unsalted melted ()
- 3 cups water
- 1 tablespoon citrus champagne vinegar
- 1 Dash worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels
- whisk
- pot
- slotted spoon

Directions

- Heat the water and vinegar until simmering in a large high-sided frying pan. Break each egg into a cup and gently add to the water. Poach the eggs for 4 to 5 minutes, or until the yolk is nearly or almost set.

- Remove the eggs from the pan with a slotted spoon to drain the liquid and place on a plate. Season the top with salt and pepper.
- Heat the oil in a cast iron griddle or in a large cast iron pan until it begins to shimmer. Cook the ham for about 1 minute per side or until lightly golden brown.
- Remove to a plate lined with paper towels. Cook the tomatoes for about 20 seconds per side until lightly golden brown and just warmed through.
- Serve the poached eggs with toasted English muffins, ham and tomatoes and Cajun hollandaise.
- Stir together the paprika, chile powder, garlic powder, onion powder, thyme, oregano, chile de arbol, and cayenne pepper in a small bowl.
- Place the egg yolks and lemon juice in a medium stainless steel bowl, set over a pot of simmering water not touching the bottom of the bowl.
- Whisk the yolks until pale yellow and fluffy. Slowly add the clarified melted butter, a few tablespoons at a time and whisk until thickened. Season the sauce with 2 teaspoons of the spice mixture, salt, and pepper, and a dash Worcestershire sauce. Keep warm until ready to use.

Nutrition Facts

PROTEIN 11.2% **FAT 73.3%** **CARBS 15.5%**

Properties

Glycemic Index:62.75, Glycemic Load:19.89, Inflammation Score:-9, Nutrition Score:25.169565200806%

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: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 954.9kcal (47.74%), Fat: 78.56g (120.86%), Saturated Fat: 31.76g (198.47%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 33.3g (12.11%), Sugar: 4.09g (4.55%), Cholesterol: 432.44mg (144.15%), Sodium: 1857.57mg (80.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.02g (54.03%), Vitamin A: 3079.04IU (61.58%), Selenium: 34.47µg (49.25%), Phosphorus: 385.67mg (38.57%), Vitamin E: 5.7mg (38.03%), Vitamin B1: 0.55mg (36.41%), Vitamin B2: 0.54mg (31.96%), Vitamin K: 32.36µg (30.82%), Vitamin C: 24.78mg (30.03%),

Vitamin B6: 0.52mg (26.13%), Manganese: 0.49mg (24.47%), Vitamin B3: 4.45mg (22.26%), Folate: 87.81µg (21.95%), Zinc: 2.98mg (19.86%), Potassium: 682.15mg (19.49%), Vitamin B12: 1.1µg (18.3%), Iron: 3.29mg (18.28%), Vitamin B5: 1.77mg (17.74%), Vitamin D: 2.6µg (17.36%), Fiber: 4.08g (16.33%), Copper: 0.3mg (14.94%), Magnesium: 51.08mg (12.77%), Calcium: 123.69mg (12.37%)