



Potluck Eggs Benedict

READY IN



30 min.

SERVINGS



12

CALORIES



493 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pound asparagus fresh trimmed
- 0.8 cup butter cubed
- 0.8 cup flour all-purpose
- 4 cups milk whole
- 14 ounces chicken broth canned
- 1 pound finely-chopped ham cubed fully cooked
- 1 cup cheddar cheese shredded
- 8 large hardboiled eggs quartered
- 0.5 teaspoon salt

- 0.1 teaspoon ground pepper
- 12 biscuits warmed

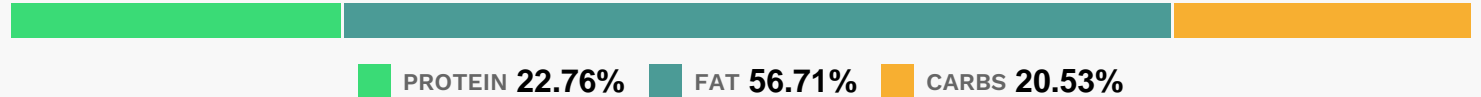
Equipment

- sauce pan

Directions

- Cut asparagus into 1/2-in. pieces, using only tender parts of spears. Cook in a small amount of boiling water until tender, about 5 minutes; drain. Set aside to cool.
- Melt butter in a saucepan; stir in flour until smooth.
- Add milk and broth; bring to a boil. Cook and stir for 2 minutes.
- Add ham and cheese; stir until cheese is melted.
- Add eggs, salt, cayenne and asparagus; heat through.
- Serve over biscuits.

Nutrition Facts



Properties

Glycemic Index:26.58, Glycemic Load:14.32, Inflammation Score:-7, Nutrition Score:19.860869490582%

Flavonoids

Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 492.73kcal (24.64%), Fat: 30.99g (47.67%), Saturated Fat: 13.79g (86.18%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 23.88g (8.68%), Sugar: 6g (6.67%), Cholesterol: 218.41mg (72.8%), Sodium: 1173.21mg (51.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.98g (55.96%), Selenium: 36.78µg (52.55%), Phosphorus: 491.25mg (49.12%), Vitamin B2: 0.62mg (36.68%), Vitamin B1: 0.5mg (33.47%), Vitamin B12: 1.83µg (30.58%), Vitamin A: 1107.51IU (22.15%), Calcium: 217.15mg (21.72%), Zinc: 3.1mg (20.67%), Vitamin B3: 3.99mg (19.96%), Vitamin K: 19.2µg (18.28%), Iron: 3.23mg (17.95%), Folate: 71.74µg (17.93%), Vitamin B6: 0.31mg (15.38%), Vitamin B5: 1.37mg (13.73%), Potassium: 477.11mg (13.63%), Vitamin C: 10.94mg (13.26%), Manganese: 0.25mg

(12.51%), Vitamin D: 1.72µg (11.45%), Vitamin E: 1.68mg (11.23%), Magnesium: 41.78mg (10.44%), Copper: 0.17mg (8.66%), Fiber: 1.36g (5.45%)