



Quick and Easy Eggs Benedict

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



706 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup butter
- ☐ 4 slices canadian bacon
- ☐ 3 egg yolks
- ☐ 4 eggs
- ☐ 4 muffins split english toasted
- ☐ 1 dash ground pepper
- ☐ 1 tablespoon heavy cream
- ☐ 1 tablespoon juice of lemon

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vinegar white

Equipment



- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ In a skillet over medium-high heat, fry the Canadian bacon on each side until evenly browned.
- ☐ Fill a large saucepan with about 3 inches water, and bring to a simmer.
- ☐ Pour in the vinegar. Carefully break the 4 eggs into the water, and cook 2 to 3 minutes, until whites are set but yolks are still soft.
- ☐ Remove eggs with a slotted spoon.
- ☐ Meanwhile, melt the butter until bubbly in a small pan or in the microwave.
- ☐ Remove from heat before butter browns.
- ☐ In a blender or large food processor, blend the egg yolks, heavy cream, cayenne pepper, and salt until smooth.
- ☐ Add half of the hot butter in a thin steady stream, slow enough so that it blends in at least as fast as you are pouring it in. Blend in the lemon juice using the same method, then the remaining butter.
- ☐ Place open English muffins onto serving plates. Top with 1 slice Canadian bacon and 1 poached egg.
- ☐ Drizzle with the cream sauce, and serve at once.

Nutrition Facts



 PROTEIN **10.47%**  FAT **73.79%**  CARBS **15.74%**

Properties

Glycemic Index:51.75, Glycemic Load:18.53, Inflammation Score:-7, Nutrition Score:14.824347822563%

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 705.86kcal (35.29%), Fat: 58.17g (89.49%), Saturated Fat: 33.48g (209.26%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 26.36g (9.58%), Sugar: 0.48g (0.53%), Cholesterol: 449.98mg (149.99%), Sodium: 1247.75mg (54.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.13%), Selenium: 28.89µg (41.27%), Vitamin A: 1916.2IU (38.32%), Phosphorus: 301.05mg (30.11%), Vitamin B2: 0.44mg (25.66%), Vitamin B1: 0.36mg (24.21%), Vitamin D: 2.47µg (16.45%), Folate: 65.25µg (16.31%), Vitamin B12: 0.97µg (16.18%), Vitamin B5: 1.56mg (15.57%), Vitamin E: 2.23mg (14.9%), Vitamin B3: 2.74mg (13.68%), Vitamin B6: 0.26mg (13.15%), Manganese: 0.23mg (11.61%), Zinc: 1.74mg (11.58%), Iron: 1.86mg (10.35%), Calcium: 90.59mg (9.06%), Potassium: 269.78mg (7.71%), Copper: 0.13mg (6.49%), Fiber: 1.56g (6.23%), Magnesium: 24.45mg (6.11%), Vitamin K: 4.34µg (4.13%), Vitamin C: 1.55mg (1.88%)