



Rocky Mountain Benedict

READY IN



35 min.

SERVINGS



4

CALORIES



1384 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound butter
- ☐ 1 cup cooking wine dry white
- ☐ 6 egg yolks
- ☐ 8 eggs
- ☐ 4 muffins english
- ☐ 2 tablespoons parsley leaves fresh chopped for garnish
- ☐ 1 tablespoon hot sauce
- ☐ 1 tablespoon juice of lemon
- ☐ 4 servings paprika for garnish

☐ 16 ounces idaho trout smoked

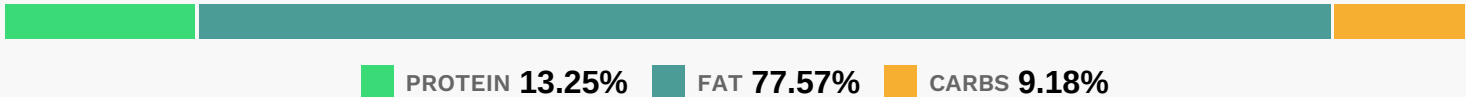
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ slotted spoon

Directions

- ☐ Split the English muffins in half and then toast or grill them; set them aside. Fill a large shallow pan with 2 to 3 inches of water and bring to a boil. Reduce the heat to a simmer and gently break the eggs into the boiling water. Cook the eggs until the yolks are set to the desired doneness, about 3 minutes.
- ☐ Remove the eggs from the heat.
- ☐ Heat the smoked trout in a nonstick skillet over medium-high heat for 30 seconds or until heated through. Arrange the toasted English muffins on plates and top with the trout. Using a slotted spoon, place 1 poached egg on top of each English muffin. Spoon warm Hollandaise Sauce over the eggs and sprinkle with parsley and a dash of paprika to garnish.
- ☐ Serve immediately.
- ☐ Melt the butter over medium heat in a heavy saucepan. While butter is melting, whisk together white wine, lemon juice, and hot sauce in a large metal bowl.
- ☐ Whisk in the egg yolks.
- ☐ Place the bowl over a skillet of simmering water and continue whisking over medium heat until a custard consistency develops. Slowly whisk in the melted butter. Continue whisking until the sauce is rich and smooth.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:18.86, Inflammation Score:-10, Nutrition Score:40.482608795166%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1384.37kcal (69.22%), Fat: 116.31g (178.93%), Saturated Fat: 65.12g (406.99%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 28.65g (10.42%), Sugar: 1.48g (1.64%), Cholesterol: 928.54mg (309.51%), Sodium: 1281.93mg (55.74%), Alcohol: 6.18g (100%), Alcohol %: 1.67% (100%), Protein: 44.7g (89.4%), Vitamin B12: 10.36µg (172.65%), Vitamin A: 4922.04IU (98.44%), Selenium: 57.75µg (82.5%), Phosphorus: 679.29mg (67.93%), Manganese: 1.32mg (65.76%), Vitamin B2: 1.08mg (63.77%), Vitamin D: 7.64µg (50.94%), Vitamin B5: 4.83mg (48.29%), Vitamin K: 43.23µg (41.17%), Vitamin B1: 0.6mg (40.12%), Vitamin E: 5.08mg (33.9%), Vitamin B3: 6.42mg (32.1%), Folate: 125.58µg (31.39%), Iron: 5.24mg (29.09%), Vitamin B6: 0.58mg (29.01%), Potassium: 769.95mg (22%), Zinc: 3.19mg (21.27%), Calcium: 202.95mg (20.3%), Copper: 0.39mg (19.6%), Magnesium: 62.04mg (15.51%), Fiber: 2.32g (9.3%), Vitamin C: 7.18mg (8.71%)