



Salmon Wrapped Poached Eggs

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



389 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 lb arugula
- ☐ 2 avocado ripe
- ☐ 8 servings chives fresh chopped
- ☐ 16 large eggs
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 0.5 tablespoon tarragon fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoons juice of lemon fresh

- ☐ 0.3 cup olive oil
- ☐ 1 small onion red thinly sliced
- ☐ 1 lb salmon smoked thinly sliced
- ☐ 0.5 cup cream sour
- ☐ 4 teaspoons vinegar white
- ☐ 6 frangelico lightly toasted ()
- ☐ 6 frangelico lightly toasted ()

Equipment

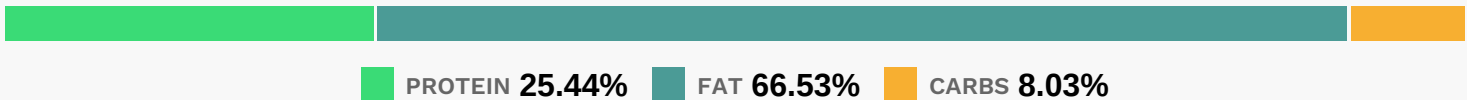
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk together sour cream and lemon juice.
- ☐ Add oil in a slow stream, whisking until emulsified. (If necessary, add water, 1/2 tablespoon at a time, for a thick yet spoonable consistency.) Stir in chives, tarragon, salt, and pepper to taste.
- ☐ Soak onion in cold water to cover 10 minutes, then drain and pat dry.
- ☐ Halve and peel avocados and cut crosswise into 1/4-inch-thick slices, then sprinkle slices with lemon juice. Put 2 brioche toasts on each of 8 plates and season with salt and pepper. Arrange a few sorrel leaves on each toast, then top with avocado and onion.
- ☐ Fill a well-buttered 17- by 11- by 2-inch flameproof baking pan with 1 1/4 inches water and stir in vinegar (to help whites coagulate faster). Set pan to straddle 2 burners and bring water to a simmer.
- ☐ Break 1 egg into a cup and slide into water. Repeat with remaining eggs, adding them in rows so you can easily take them out in same order. Poach eggs at a bare simmer 3 to 4 minutes, or until whites are firm but yolks are still runny.

- ☐ Transfer eggs as cooked with a slotted spoon to kitchen towels to drain and season with salt and pepper.
- ☐ Wrap each egg in a slice of salmon. Put a wrapped egg on top of each toast and drizzle sauce over salmon.
- ☐ ·If you can't get individual brioches, you can use a brioche or challah loaf.
- ☐ Cut 16 (1/2-inch-thick) slices and halve them diagonally:·Serving these eggs with runny — not fully cooked — yolks may be of concern if there is a problem with salmonella in your area.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:25.200869829758%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 389.48kcal (19.47%), Fat: 29.04g (44.67%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 3.98g (1.45%), Sugar: 2.14g (2.38%), Cholesterol: 393.52mg (131.17%), Sodium: 744.73mg (32.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.99g (49.98%), Vitamin D: 11.7µg (77.97%), Selenium: 49.96µg (71.37%), Vitamin B12: 2.77µg (46.14%), Vitamin B2: 0.63mg (36.9%), Phosphorus: 341.82mg (34.18%), Vitamin K: 33.62µg (32.02%), Vitamin B5: 2.86mg (28.58%), Folate: 109.08µg (27.27%), Vitamin E: 3.95mg (26.34%), Vitamin B6: 0.5mg (25.14%), Vitamin A: 1167.23IU (23.34%), Vitamin B3: 3.75mg (18.74%), Potassium: 590.65mg (16.88%), Iron: 2.96mg (16.44%), Copper: 0.32mg (16.11%), Fiber: 3.9g (15.6%), Zinc: 1.95mg (13.01%), Vitamin C: 10.04mg (12.17%), Magnesium: 48.49mg (12.12%), Calcium: 115.3mg (11.53%), Manganese: 0.22mg (10.79%), Vitamin B1: 0.1mg (6.98%)