

Salmon Wrapped Poached Eggs

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

O.3 lb arugula
2 avocado ripe
8 servings chives fresh chopped
16 large eggs
1 tablespoon chives fresh finely chopped
O.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 ()
Εq	uipment
	oven
	whisk
	baking pan
	kitchen towels
	slotted spoon
Diı	rections
	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.

Nutrition Facts
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.
·If you can't get individual brioches, you can use a brioche or challah loaf.
Wrap each egg in a slice of salmon. Put a wrapped egg on top of each toast and drizzle sauce over salmon.
Transfer eggs as cooked with a slotted spoon to kitchen towels to drain and season with salt and pepper.

PROTEIN 25.44% FAT 66.53% CARBS 8.03%

Properties

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

Flavonoids

Cyanidin: O.17mg, Cyanidin: O.17mg, Cyanidin: O.17mg, Cyanidin: O.17mg Epicatechin: O.19mg, Epicatechin: O.19mg, Epicatechin: O.19mg, Epicatechin: O.19mg, Epicatechin: O.19mg Epigallocatechin 3–gallate: O.08mg, Epigallocatechin 3–gallate: O.08mg, Epigallocatechin 3–gallate: O.08mg Eriodictyol: O.09mg, Hesperetin: O.27mg, Hesperetin: O.27mg, Hesperetin: O.27mg, Hesperetin: O.27mg, Naringenin: O.03mg, Naringenin: O.03mg, Naringenin: O.03mg, Naringenin: O.03mg, Naringenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg, Luteolin: O.01mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Kaempferol: 5.17mg, Quercetin: 3.99mg, 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: Og (100%), Alcohol %: O% (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%)