



WHATSheATE



Salsa Verde Eggs Benedict

READY IN



25 min.

SERVINGS



2

CALORIES



620 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup olives black sliced
- ☐ 2 teaspoons butter
- ☐ 4 slices canadian bacon
- ☐ 4 slices cheddar cheese
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 4 large eggs
- ☐ 2 muffins split english toasted
- ☐ 1 cup salsa verde fresh
- ☐ 2 teaspoons distilled vinegar white

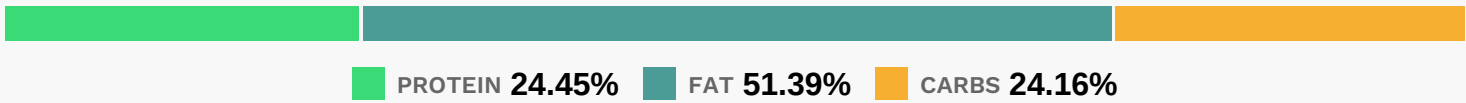
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ramekin
- ☐ slotted spoon

Directions

- ☐ Bring vinegar and 1 qt. water to a simmer in a pan over medium heat.
- ☐ Meanwhile, spread muffins with butter. Top each with a slice of bacon.
- ☐ Reduce heat under water to low. Crack eggs one at a time into a small bowl or ramekin and slip into water. Cook until whites are set but yolks are still runny, about 8 minutes. Using a slotted spoon, transfer eggs to muffins.
- ☐ Top each egg with a slice of cheese and the salsa, olives, and green onion.

Nutrition Facts



Properties

Glycemic Index:117, Glycemic Load:18.74, Inflammation Score:-8, Nutrition Score:24.203043409016%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 619.58kcal (30.98%), Fat: 34.47g (53.03%), Saturated Fat: 13.98g (87.4%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 34.35g (12.49%), Sugar: 7.64g (8.49%), Cholesterol: 445.25mg (148.42%), Sodium: 2252.27mg (97.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.9g (73.8%), Selenium: 54.8µg (78.29%), Phosphorus: 570.31mg (57.03%), Vitamin B2: 0.8mg (46.84%), Vitamin B1: 0.59mg (39.01%), Vitamin A: 1805.19IU (36.1%), Calcium: 341.12mg (34.11%), Vitamin B12: 1.66µg (27.73%), Vitamin D: 3.8µg (25.33%), Zinc: 3.74mg (24.95%), Vitamin B3: 4.58mg (22.92%), Vitamin B5: 2.24mg (22.36%), Vitamin B6: 0.45mg (22.31%), Folate: 78.41µg (19.6%), Potassium: 674.79mg (19.28%), Iron: 2.79mg (15.51%), Vitamin E: 2.19mg (14.62%), Manganese: 0.25mg (12.62%), Magnesium: 44.95mg (11.24%), Copper: 0.2mg (10.19%), Fiber: 2.11g (8.43%), Vitamin C: 4.46mg (5.4%), Vitamin K:

2.94μg (2.8%)