



Savory Bacon & Crab Bread Pudding Benedict

READY IN



48 min.

SERVINGS



2

CALORIES



767 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 strip bacon chopped
- 3 cups unseasoned bread cubes dry
- 1 tablespoon butter
- 1 pinch cayenne pepper to taste
- 0.3 cup chicken broth as needed
- 1 large eggs
- 2 eggs
- 1 tablespoon tarragon fresh chopped
- 2 servings salt and ground pepper fresh to taste

- 0.3 cup heavy cream
- 0.3 cup knorr hollandaise sauce
- 0.5 juice of lemon juiced
- 1 teaspoon lemon zest fresh
- 4 ounces lump crab meat fresh
- 0.3 cup onion minced
- 0.3 cup bell pepper red minced
- 1 teaspoon vegetable oil
- 0.5 tablespoon distilled vinegar white

Equipment

- bowl
- frying pan
- baking sheet
- oven
- ramekin

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Butter the insides of 2 (10-ounce) ramekins and place on a baking sheet.
- Place bread cubes into a large bowl, set aside.
- Heat vegetable oil in a large skillet over medium heat; cook and stir bacon in hot oil until browned and almost crisp, 5 to 6 minutes.
- Remove excess oil from skillet and discard.
- Stir in onion and cook for about 2 minutes. Stir in red pepper and cook for an additional minute.
- Stir in chicken broth and heavy cream; cook until mixture begins to simmer, about 1 to 2 minutes.
- Pour cream mixture over bread cubes and mix thoroughly until all liquid is absorbed.

- Stir in 1 egg, lemon juice, tarragon, and lemon zest.
- Mix in crabmeat, salt, black pepper, and cayenne pepper.
- Spoon
- Mixture into prepared ramekins and bake in a preheated oven until tops are golden brown, about 20 minutes.
- Remove ramekins from oven and top each bread pudding with a poached egg. Spoon hollandaise sauce over each egg.
- Garnish with cayenne pepper.

Nutrition Facts



■ **PROTEIN 17.11%**
■ **FAT 57.02%**
■ **CARBS 25.87%**

Properties

Glycemic Index:159.83, Glycemic Load:23.14, Inflammation Score:-9, Nutrition Score:35.342173949532%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 766.62kcal (38.33%), Fat: 48.84g (75.14%), Saturated Fat: 19.98g (124.85%), Carbohydrates: 49.85g (16.62%), Net Carbohydrates: 45.36g (16.5%), Sugar: 8.27g (9.19%), Cholesterol: 352.67mg (117.56%), Sodium: 1662.54mg (72.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Selenium: 69.95µg (99.93%), Vitamin B12: 5.86µg (97.59%), Manganese: 1.39mg (69.51%), Phosphorus: 433.87mg (43.39%), Vitamin C: 35.68mg (43.24%), Vitamin B2: 0.73mg (42.99%), Folate: 154.21µg (38.55%), Vitamin A: 1903.07IU (38.06%), Zinc: 5.62mg (37.48%), Copper: 0.75mg (37.45%), Iron: 5.95mg (33.07%), Vitamin B3: 6.46mg (32.31%), Vitamin B1: 0.47mg (31.65%), Vitamin B6: 0.51mg (25.39%), Calcium: 247.69mg (24.77%), Magnesium: 92.23mg (23.06%), Vitamin B5: 2.22mg (22.15%), Fiber: 4.49g (17.97%), Potassium: 582.17mg (16.63%), Vitamin D: 2.06µg (13.72%), Vitamin E: 1.99mg (13.24%), Vitamin K: 11.25µg (10.72%)