



Smoked Salmon and Dill Eggs Benedict

READY IN



20 min.

SERVINGS



2

CALORIES



532 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 pinch cayenne pepper
- ☐ 4 small dill sprigs fresh
- ☐ 4 eggs
- ☐ 2 muffins split english toasted
- ☐ 2 tablespoons optional: dill fresh
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 1 teaspoon lemon zest
- ☐ 1 pinch salt

- ☐ 4 ounces salmon smoked sliced
- ☐ 1 teaspoon vinegar white

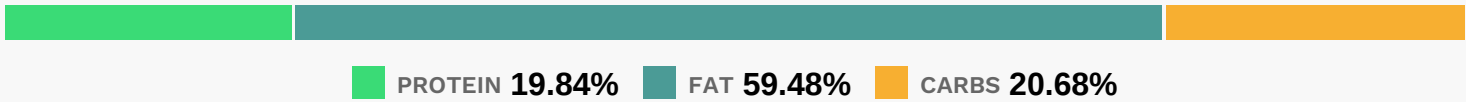
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Stir butter, dill, lemon zest, cayenne pepper, salt, and black pepper in a bowl until combined. Set aside.
- ☐ Fill a large saucepan with 2 to 3 inches of water and bring to a boil over high heat. Reduce heat to medium-low, pour in vinegar and a pinch of salt. Crack an egg into a bowl then gently slip the egg into the water. Repeat with remaining eggs. Poach eggs until whites are firm and yolks have thickened but are not hard, 4 to 6 minutes.
- ☐ Remove eggs from water with a slotted spoon, dab on a kitchen towel to remove excess water, then transfer to a warm plate.
- ☐ Generously spread each English muffin half with dill butter. Top with a layer of smoked salmon, then 1 poached egg. Season with cayenne pepper, salt, and black pepper to taste.
- ☐ Garnish with a dill sprig and serve.

Nutrition Facts



Properties

Glycemic Index:134.5, Glycemic Load:18.55, Inflammation Score:-7, Nutrition Score:20.873478298602%

Flavonoids

Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg, Isorhamnetin: 1.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 531.94kcal (26.6%), Fat: 34.9g (53.69%), Saturated Fat: 18.02g (112.61%), Carbohydrates: 27.29g (9.1%), Net Carbohydrates: 25.56g (9.29%), Sugar: 0.39g (0.43%), Cholesterol: 401.41mg (133.8%), Sodium: 1037.4mg (45.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.2g (52.39%), Vitamin D: 11.46µg (76.37%), Selenium: 45.7µg (65.28%), Vitamin B12: 2.7µg (45.04%), Phosphorus: 351.95mg (35.2%), Vitamin B2: 0.57mg (33.26%), Vitamin A: 1440.7IU (28.81%), Vitamin B5: 2.14mg (21.42%), Vitamin B3: 3.69mg (18.47%), Folate: 68.24µg (17.06%), Vitamin B6: 0.34mg (17.01%), Vitamin E: 2.37mg (15.77%), Iron: 2.72mg (15.09%), Manganese: 0.28mg (14.16%), Copper: 0.27mg (13.67%), Zinc: 1.76mg (11.75%), Vitamin B1: 0.16mg (10.34%), Calcium: 98.98mg (9.9%), Potassium: 323.85mg (9.25%), Magnesium: 35.05mg (8.76%), Fiber: 1.73g (6.94%), Vitamin C: 3.43mg (4.15%), Vitamin K: 2.51µg (2.39%)