



Smoked Salmon Asparagus Quinoa Cake Eggs Benedict



Gluten Free



Popular

READY IN



15 min.

SERVINGS



2

CALORIES



963 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 pound asparagus grated
- ☐ 12 spears asparagus
- ☐ 0.5 cups butter hot melted
- ☐ 1 handful optional: dill chopped
- ☐ 3 egg yolks
- ☐ 2 eggs lightly beaten
- ☐ 0.3 cup feta crumbled

- ☐ 1 handful parsley chopped
- ☐ 1 clove garlic chopped
- ☐ 2 green onions sliced
- ☐ 2 tablespoons juice of lemon hot
- ☐ 2 servings oil for frying
- ☐ 0.5 cup quinoa rinsed
- ☐ 4 asparagus quinoa cakes
- ☐ 0.3 cup flour gluten free whole wheat for (I like to use , use rice or quinoa flour)
- ☐ 2 servings salt and pepper to taste
- ☐ 4 ounces salmon smoked
- ☐ 1 cup water

Equipment

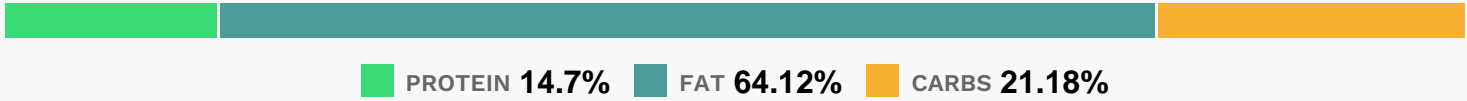
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ double boiler

Directions

- ☐ Place a large pot of water on one burner over medium heat for the poached eggs. On a separate burner, bring some water in a double boiler to a boil, reduce the heat and let water stop boiling.
- ☐ Place the egg yolks in the top of the double boiler and whisk until they begin to thicken.
- ☐ Add 1 tablespoon of the hot water, whisk until the sauce begins to thicken again. Repeat 3 more times.
- ☐ Whisk in the lemon juice.
- ☐ Remove from heat and slowly whisk in the melted butter. Season with the dill, salt and pepper and set aside. Crack an egg into a bowl, swirl the water in the first pot and pour the egg from the bowl into the water and repeat for another egg.

- ☐ Let the eggs cook until the whites are set but the yolks are not, about 2–3 minutes and fish them out.Repeat for the remaining 2 eggs.
- ☐ Place the asparagus quinoa cakes on plate, top with asparagus, smoked salmon, poached egg, hollandaise and garnish with dill.

Nutrition Facts



Properties

Glycemic Index:125, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:49.591739405756%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 12.15mg, Isorhamnetin: 12.15mg, Isorhamnetin: 12.15mg, Isorhamnetin: 12.15mg Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg, Kaempferol: 3.17mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 30.92mg, Quercetin: 30.92mg, Quercetin: 30.92mg, Quercetin: 30.92mg

Nutrients (% of daily need)

Calories: 963.46kcal (48.17%), Fat: 70.19g (107.99%), Saturated Fat: 36.76g (229.77%), Carbohydrates: 52.18g (17.39%), Net Carbohydrates: 42.67g (15.52%), Sugar: 5.48g (6.09%), Cholesterol: 607.02mg (202.34%), Sodium: 1308.48mg (56.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.21g (72.42%), Vitamin K: 151.46µg (144.25%), Selenium: 59.28µg (84.69%), Vitamin A: 4090.6IU (81.81%), Vitamin D: 12.11µg (80.72%), Folate: 274.22µg (68.55%), Phosphorus: 683.89mg (68.39%), Manganese: 1.33mg (66.68%), Vitamin B2: 1.03mg (60.71%), Iron: 9.55mg (53.08%), Vitamin B12: 3.18µg (53%), Vitamin E: 7.32mg (48.81%), Copper: 0.89mg (44.34%), Vitamin B6: 0.85mg (42.55%), Vitamin B1: 0.58mg (38.98%), Fiber: 9.51g (38.03%), Magnesium: 144.65mg (36.16%), Vitamin B5: 3.18mg (31.84%), Zinc: 4.58mg (30.5%), Vitamin B3: 5.77mg (28.85%), Vitamin C: 23.34mg (28.29%), Potassium: 957.53mg (27.36%), Calcium: 272.65mg (27.27%)