



Smoked Salmon Benedict

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 ounce baby spinach leaves dried cleaned
- 4 large slices bread english hearty toasted
- 8 large eggs
- 0.3 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon lemon rind grated
- 1 tablespoon olive oil extra-virgin
- 1 tablespoon shallots minced

- 4 ounces hot-smoked salmon
- 4 servings shallot-thyme hollandaise
- 0.3 teaspoon pepper white freshly ground
- 1 tablespoon vinegar white

Equipment

- frying pan
- slotted spoon

Directions

- Prepare Shallot-Thyme Hollandaise, set aside, and keep warm.
- Bring about 3 inches of water to a simmer in a wide pan with 1 tablespoon white vinegar. Crack eggs into small dishes. Slide each egg into the simmering water. Cook until the whites are set and the yolks are cooked to desired degree of doneness.
- Remove eggs with a slotted spoon, and transfer to a plate; cover and keep warm.
- Saut shallots in olive oil over medium-high heat 1 minute. Stir in lemon rind, salt, and white pepper.
- Add spinach, and saut 1 minute, just until wilted. Stir in lemon juice.
- Place toasted bread on serving plates, and top with spinach mixture and salmon.
- Place eggs over salmon, and drizzle with hollandaise.
- The case for wine: Aside from his duties as CEO and president of Carnival Cruise Lines, Bob Dickinson pursues his passion for wine. Evidence? His wine cellar contains more than 22,000 bottles, making it one of the country's largest private collections. As founder of the Presidential Wine Club, Bob insists that good wine be fun and accessible. Bob's recommendation: Dry Spanish Cava (sparkling wine).

Nutrition Facts

PROTEIN 34.75% **FAT 58.78%** **CARBS 6.47%**

Properties

Glycemic Index:58, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:26.500000020732%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg, Kaempferol: 2.71mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

Nutrients (% of daily need)

Calories: 223.47kcal (11.17%), Fat: 14.44g (22.22%), Saturated Fat: 3.91g (24.45%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.35g (0.85%), Sugar: 0.78g (0.87%), Cholesterol: 378.52mg (126.17%), Sodium: 548.4mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.43%), Vitamin K: 207.85µg (197.95%), Vitamin A: 4599.91IU (92%), Selenium: 40.37µg (57.67%), Vitamin D: 6.85µg (45.65%), Vitamin B2: 0.57mg (33.72%), Folate: 132.01µg (33%), Vitamin B12: 1.81µg (30.24%), Phosphorus: 269.72mg (26.97%), Manganese: 0.45mg (22.52%), Iron: 3.4mg (18.88%), Vitamin E: 2.8mg (18.69%), Vitamin B5: 1.83mg (18.25%), Vitamin C: 14.42mg (17.48%), Vitamin B6: 0.35mg (17.26%), Magnesium: 53.28mg (13.32%), Potassium: 442.37mg (12.64%), Zinc: 1.64mg (10.94%), Calcium: 107.65mg (10.77%), Copper: 0.2mg (10.17%), Vitamin B3: 1.76mg (8.81%), Vitamin B1: 0.08mg (5.59%), Fiber: 1.23g (4.93%)