



Smoked Salmon Benedict

READY IN



45 min.

SERVINGS



6

CALORIES



382 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons mustard dry
- ☐ 1.5 cups cooking wine dry white
- ☐ 6.8 inch egg bread lightly toasted cut in half on diagonal
- ☐ 3 large egg yolks
- ☐ 12 large eggs
- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 3 tablespoons shallots minced
- ☐ 8 ounces salmon smoked thinly sliced (not lox)
- ☐ 0.8 cup whipping cream

- ☐ 3 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ double boiler
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Combine shallots and mustard in medium saucepan. Gradually whisk in wine. Boil over high heat until mixture is reduced to 1/2 cup, whisking often, about 10 minutes.
- ☐ Whisk in cream. Season with salt and pepper. (Can be made 1 day ahead. Cover; chill.)
- ☐ Fill large bowl with cold water. Bring large skillet of water to boil; add vinegar. Reduce heat to medium-low. Working with 6 whole eggs at a time, crack eggs open and add to simmering water. Cook until whites are set, about 3 minutes. Using slotted spoon, transfer 1 egg at a time to cold water. Reserve skillet with vinegar water. (Can be prepared 1 hour ahead.
- ☐ Let stand at room temperature.)
- ☐ Place 2 toast triangles on each of 6 plates. Top with salmon. Bring vinegar water to simmer.
- ☐ Transfer cream sauce to top of double boiler over simmering water.
- ☐ Whisk 3 raw egg yolks into cream sauce.
- ☐ Whisk constantly until sauce thickens and instant-read thermometer inserted into sauce registers 160°F, about 4 minutes.
- ☐ Remove from heat.
- ☐ Add chopped dill and whisk 1 minute. Using slotted spoon, gently transfer poached eggs, 1 at a time, from bowl of cold water to skillet of simmering vinegar water. Cook eggs until warm, about 30 seconds. Using slotted spoon, transfer 1 poached egg to each toast triangle. Spoon sauce over.
- ☐ Garnish with dill sprigs, if desired.

Nutrition Facts

 **PROTEIN 26.76%**  **FAT 66.22%**  **CARBS 7.02%**

Properties

Glycemic Index:10, Glycemic Load:0.44, Inflammation Score:-6, Nutrition Score:18.787825962772%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 381.64kcal (19.08%), Fat: 24.56g (37.78%), Saturated Fat: 11.2g (69.97%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 5.55g (2.02%), Sugar: 2.35g (2.61%), Cholesterol: 507.57mg (169.19%), Sodium: 465.73mg (20.25%), Alcohol: 6.18g (100%), Alcohol %: 3.1% (100%), Protein: 22.33g (44.66%), Selenium: 50.97µg (72.81%), Vitamin D: 9.41µg (62.73%), Vitamin B12: 2.34µg (38.97%), Vitamin B2: 0.62mg (36.52%), Phosphorus: 333.48mg (33.35%), Vitamin A: 1154.65IU (23.09%), Vitamin B5: 2.25mg (22.48%), Vitamin B6: 0.37mg (18.37%), Folate: 68.04µg (17.01%), Iron: 2.75mg (15.28%), Vitamin E: 2.1mg (13.98%), Zinc: 1.83mg (12.22%), Vitamin B3: 2.13mg (10.64%), Calcium: 103.3mg (10.33%), Copper: 0.19mg (9.28%), Potassium: 313.58mg (8.96%), Manganese: 0.16mg (8.04%), Magnesium: 31.78mg (7.95%), Vitamin B1: 0.09mg (6.24%), Vitamin K: 1.69µg (1.61%), Fiber: 0.31g (1.25%), Vitamin C: 0.83mg (1.01%)