



Smoked Salmon Eggs Benedict With Lemon Dill Hollandaise

READY IN



45 min.

SERVINGS



2

CALORIES



611 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup baby arugula
- 1 cup baby spinach
- 2 tablespoons butter
- 3 large egg yolk
- 4 eggs
- 1 tablespoon dill dried fresh
- 1 optional: lemon
- 2 slices bread thick

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- 2 servings salt and pepper to taste
- 8 ounces salmon smoked
- 2 tablespoons water
- 1 tsp worcestershire sauce

Equipment

- bowl
- sauce pan
- whisk

Directions

- Make Lemon Dill Hollandaise: Fill a medium saucepan about halfway with water, and bring to a gentle simmer over medium heat.
- Put the egg yolks and water in a heatproof bowl, season with a pinch of dill (if using dried), salt, and pepper.
- Whisk the ingredients together and then place the bowl on top of the saucepan. Keep stirring the egg mixture for about 5 minutes or until it begins to thicken. Make sure you don't scramble your eggs! Once the eggs are thickened, take the bowl off the water and set aside. Poach the eggs: Fill a medium saucepan with water, add a splash of white vinegar (optional, but this helps hold the whites together which results in nicely shaped eggs) and bring to a gentle simmer. You want tiny bubbles only, not a rolling boil. Gently add eggs to water and poach until desired doneness. Meanwhile, toast bread.
- Place toast on plates and top with arugula, spinach and salmon.
- Place eggs on top of salmon and spoon hollandaise over the top.
- Garnish with dill, salt and freshly cracked black pepper and serve.

Nutrition Facts



Properties

Glycemic Index:139.45, Glycemic Load:15.52, Inflammation Score:-9, Nutrition Score:45.332173913043%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg, Kaempferol: 4.46mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 610.96kcal (30.55%), Fat: 33.72g (51.88%), Saturated Fat: 13.89g (86.82%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 27.48g (9.99%), Sugar: 4.86g (5.4%), Cholesterol: 658.94mg (219.65%), Sodium: 1620.55mg (70.46%), Protein: 44.46g (88.92%), Vitamin D: 22.53µg (150.19%), Selenium: 93.04µg (132.91%), Vitamin K: 89.28µg (85.03%), Vitamin B12: 5µg (83.35%), Manganese: 1.5mg (74.81%), Phosphorus: 612.88mg (61.29%), Vitamin A: 3038.96IU (60.78%), Vitamin B2: 0.81mg (47.35%), Vitamin C: 35.48mg (43%), Vitamin B3: 8.17mg (40.84%), Vitamin B6: 0.78mg (39.04%), Folate: 149.78µg (37.44%), Vitamin B5: 3.65mg (36.54%), Iron: 6.41mg (35.58%), Vitamin E: 4.17mg (27.81%), Copper: 0.53mg (26.67%), Calcium: 264.72mg (26.47%), Magnesium: 103.83mg (25.96%), Vitamin B1: 0.37mg (24.79%), Fiber: 5.57g (22.26%), Zinc: 3.29mg (21.92%), Potassium: 759.82mg (21.71%)