



WHATSheATE



Spicy Ham-and-Eggs Benedict With Chive Biscuits

READY IN



30 min.

SERVINGS



4

CALORIES



452 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups arugula loosely packed
- ☐ 1 small avocado sliced
- ☐ 2 tablespoons butter melted
- ☐ 4 large eggs
- ☐ 3 tablespoons chives fresh divided chopped
- ☐ 4 biscuits frozen
- ☐ 0.3 tsp ground pepper red
- ☐ 0.8 cup ham lean chopped

- ☐ 0.9 oz knorr hollandaise sauce mix
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup milk
- ☐ 4 servings bell pepper to taste
- ☐ 0.5 teaspoon vinegar white

Equipment

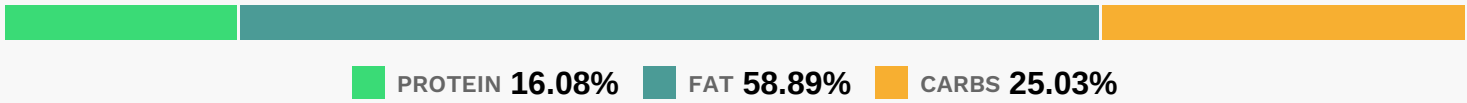
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Bake biscuits according to package directions.
- ☐ Combine melted butter and 1 Tbsp. chives; split biscuits, and brush with butter mixture.
- ☐ Place biscuits, buttered sides up, on a baking sheet, and bake at 375 for 5 minutes or until toasted.
- ☐ Prepare hollandaise sauce mix according to package directions, using 1 cup milk and 1 Tbsp. lemon juice and omitting butter.
- ☐ Cook ham, stirring occasionally, in a medium-size nonstick skillet over medium heat 3 to 4 minutes or until browned. Stir ham and ground red pepper into hollandaise sauce; keep warm.
- ☐ Add water to a depth of 2 inches in a large saucepan. Bring to a boil; reduce heat, and maintain at a light simmer.
- ☐ Add 1/2 tsp. white vinegar. Break eggs, and slip into water, 1 at a time, as close as possible to surface of water. Simmer 3 to 5 minutes or to desired degree of doneness.
- ☐ Remove with a slotted spoon. Trim edges, if desired.
- ☐ Place bottom biscuit halves, buttered sides up, on each of 4 individual serving plates. Top with arugula, avocado, and poached eggs. Spoon hollandaise sauce evenly on top of each egg.

- ☐
- Sprinkle with remaining 2 Tbsp. chives and pepper to taste. Top with remaining biscuit halves, and serve immediately.
- ☐
- Note: For testing purposes only, we used frozen White Lily Southern Style Biscuits.

Nutrition Facts



Properties

Glycemic Index:96, Glycemic Load:10.77, Inflammation Score:-10, Nutrition Score:27.035217492477%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 452.2kcal (22.61%), Fat: 28.96g (44.56%), Saturated Fat: 9.67g (60.44%), Carbohydrates: 27.69g (9.23%), Net Carbohydrates: 22.15g (8.06%), Sugar: 7.88g (8.75%), Cholesterol: 252.25mg (84.08%), Sodium: 914.94mg (39.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.8g (35.59%), Vitamin C: 104.73mg (126.94%), Vitamin A: 3332.53IU (66.65%), Selenium: 27.96µg (39.94%), Phosphorus: 387.22mg (38.72%), Vitamin B2: 0.59mg (34.9%), Folate: 131.3µg (32.83%), Vitamin K: 31.92µg (30.4%), Vitamin B6: 0.6mg (29.78%), Vitamin B1: 0.41mg (27.26%), Vitamin E: 3.47mg (23.15%), Fiber: 5.54g (22.16%), Vitamin B5: 2.19mg (21.93%), Potassium: 748.34mg (21.38%), Vitamin B3: 3.84mg (19.21%), Vitamin B12: 0.99µg (16.53%), Manganese: 0.32mg (16.21%), Iron: 2.79mg (15.48%), Calcium: 149.52mg (14.95%), Zinc: 2.21mg (14.75%), Magnesium: 52.6mg (13.15%), Vitamin D: 1.85µg (12.37%), Copper: 0.2mg (10.06%)