



Steak and Eggs Benedict with Asparagus in Bearnaise Sauce

♥ Popular

READY IN



30 min.

SERVINGS



2

CALORIES



1042 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 spears asparagus trimmed
- ☐ 3 egg yolks
- ☐ 4 eggs
- ☐ 2 muffins english lightly toasted
- ☐ 1 knorr hollandaise sauce (see below)
- ☐ 1 tablespoon oil
- ☐ 2 servings salt and pepper to taste

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- ☐ 1 tablespoon shallots diced finely
- ☐ 6 ounce fat-trimmed beef flank steak
- ☐ 1 tablespoon tarragon chopped
- ☐ 0.3 pound butter unsalted hot melted (1 stick)
- ☐ 2 tablespoons white wine
- ☐ 2 tablespoons citrus champagne vinegar

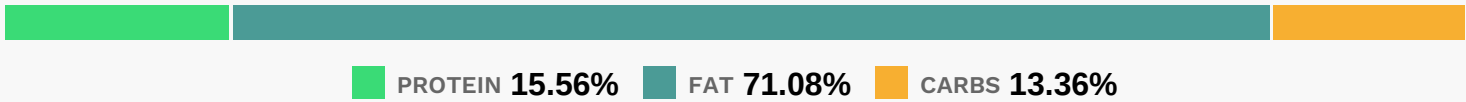
Equipment

- ☐ bowl
- ☐ pot
- ☐ grill

Directions

- ☐ Brush the grill with oil, heat to medium-high heat, pat the steak dry, season with salt and pepper and grill, about 2-4 minutes per side for medium rare and set aside.Bring a large pot of water to a boil and reduce the heat to medium.Crack an egg into a bowl, swirl the water in the 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.Plate the English muffins, top with thinly sliced steak, asparagus, poached eggs and bearnaise sauce and enjoy warm.

Nutrition Facts



Properties

Glycemic Index:127, Glycemic Load:20.38, Inflammation Score:-9, Nutrition Score:36.451304269874%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Quercetin: 13.43mg, Quercetin: 13.43mg, Quercetin: 13.43mg, Quercetin: 13.43mg

Nutrients (% of daily need)

Calories: 1041.87kcal (52.09%), Fat: 82.07g (126.26%), Saturated Fat: 40.61g (253.79%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 30.7g (11.17%), Sugar: 2.85g (3.17%), Cholesterol: 792.79mg (264.26%), Sodium: 655.91mg (28.52%), Alcohol: 1.54g (100%), Alcohol %: 0.43% (100%), Protein: 40.43g (80.87%), Selenium: 65.9µg (94.14%), Vitamin A: 3167.71IU (63.35%), Vitamin B2: 1.04mg (61.22%), Phosphorus: 559.36mg (55.94%), Vitamin K: 50.89µg (48.47%), Zinc: 7.27mg (48.46%), Vitamin B12: 2.84µg (47.34%), Iron: 7.62mg (42.35%), Folate: 167.5µg (41.87%), Vitamin B6: 0.81mg (40.32%), Manganese: 0.73mg (36.4%), Vitamin E: 5.25mg (34.99%), Vitamin B3: 6.43mg (32.16%), Vitamin D: 4.15µg (27.69%), Vitamin B5: 2.76mg (27.59%), Vitamin B1: 0.41mg (27.57%), Potassium: 801.27mg (22.89%), Copper: 0.45mg (22.31%), Calcium: 200.88mg (20.09%), Magnesium: 71.79mg (17.95%), Fiber: 4g (16%), Vitamin C: 7.66mg (9.28%)