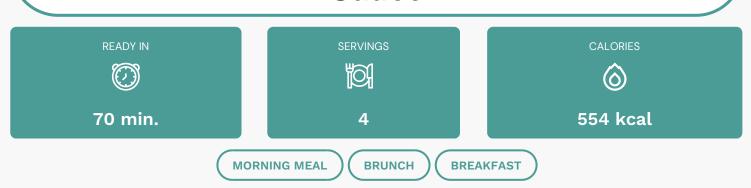


# Steak and Eggs Benedict with Béarnaise Sauce



## Ingredients

4 servings pepper black freshly ground
6 peppercorns whole black crushed
2 teaspoons chervil fresh finely chopped
0.3 cup wine dry white
3 large egg yolk
4 large eggs
2 muffins english
4 servings kosher salt

	1 teaspoon olive oil	
	0.3 cup shallots finely chopped (from 1 medium shallot)	
	8 ounces new york strip steak for 30 minutes at room temperature (1-)	
	1 tablespoon tarragon fresh finely chopped	
	8 tablespoons butter unsalted melted (1 stick)	
	2 quarts water	
	4 teaspoons citrus champagne vinegar	
Equipment		
	bowl	
	frying pan	
	paper towels	
	sauce pan	
	pot	
	sieve	
	ramekin	
	kitchen thermometer	
	kitchen towels	
	spatula	
	slotted spoon	
	tongs	
	cutting board	
Directions		
	For the béarnaise sauce:Fill a large saucepan a quarter of the way full with water and bring it to a simmer over high heat.	
	Remove from the heat and set aside.	
	Combine the wine, vinegar, shallot, tarragon stems, and crushed peppercorns in a medium frying pan. Bring to a simmer over medium heat and cook until reduced to just over 2	



tablespoons, about 5 to 7 minutes. Strain the vinegar mixture through a fine-mesh strainer

Glycemic Index:63.5, Glycemic Load:10.69, Inflammation Score:-6, Nutrition Score:17.309130492418%

### **Flavonoids**

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.11mg, Epicatechin: 0.01mg, Naringenin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 553.59kcal (27.68%), Fat: 41.04g (63.14%), Saturated Fat: 20.86g (130.36%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 17.25g (6.27%), Sugar: 2.02g (2.24%), Cholesterol: 429.26mg (143.09%), Sodium: 464.33mg (20.19%), Alcohol: 2.06g (100%), Alcohol %: 0.37% (100%), Protein: 23.38g (46.76%), Selenium: 36.46µg (52.08%), Phosphorus: 322.44mg (32.24%), Vitamin B6: 0.59mg (29.34%), Vitamin B2: 0.44mg (26.11%), Vitamin A: 1232.16IU (24.64%), Zinc: 3.35mg (22.31%), Vitamin B12: 1.31µg (21.8%), Manganese: 0.39mg (19.26%), Vitamin B3: 3.84mg (19.21%), Iron: 3.24mg (18.01%), Folate: 71.61µg (17.9%), Vitamin B5: 1.71mg (17.06%), Vitamin D: 2.11µg (14.06%), Potassium: 445.01mg (12.71%), Vitamin E: 1.87mg (12.49%), Calcium: 124.46mg (12.45%), Copper: 0.24mg (11.86%), Magnesium: 42.73mg (10.68%), Vitamin B1: 0.16mg (10.34%), Fiber: 1.6g (6.4%), Vitamin K: 4.3µg (4.09%), Vitamin C: 2.53mg (3.07%)