



Uova Benedicto (Poached Eggs on Polenta with Pesto and Crisp Prosciutto)



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



4

CALORIES



454 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 tbsp butter divided plus more for pan
- ☐ 4 eggs
- ☐ 4 servings basil pesto
- ☐ 1 cup polenta
- ☐ 10 slices pancetta thin
- ☐ 1 teaspoon vinegar white

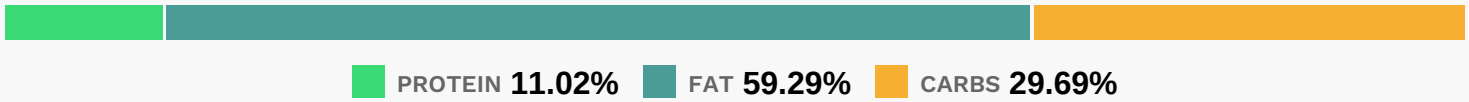
Equipment

- ☐ frying pan
- ☐ spatula
- ☐ slotted spoon

Directions

- ☐ In a 3- to 4-qt. pan over high heat, bring 3 cups water to a boil. Gradually stir in polenta. Reduce heat and simmer gently, uncovered, stirring frequently to prevent sticking, until mixture is very thick, about 25 minutes. Stir in 2 tbsp. butter.
- ☐ Spoon polenta into a buttered 8- to 9-in. square pan; spread in an even layer and let stand at least 10 minutes (or cool, cover, and refrigerate up to overnight).
- ☐ Cut polenta into 4 squares and gently remove from pan with a wide spatula.
- ☐ Melt 2 tbsp. butter in a large frying pan over medium-high heat.
- ☐ Add polenta squares and cook, turning once, until crispy and lightly browned on both sides, about 10 minutes.
- ☐ Add more butter, if needed, to prevent sticking. Lift out to a warm platter; keep warm.
- ☐ Add prosciutto to pan and cook until meat is lightly browned (add more butter to pan, if needed).
- ☐ Remove and keep warm.
- ☐ Fill a large, clean frying pan with about 1 1/2 in. of water. Set over medium-high heat, add vinegar, and heat until bubbles form on pan bottom, with an occasional bubble popping to the top. Break eggs into water, keeping them slightly apart. Cook until egg whites are firm but yolks are still soft, 3 to 4 minutes. Gently remove eggs with a slotted spoon.
- ☐ Place 2 or 3 slices prosciutto on each polenta square, top each with a poached egg, then spoon pesto sauce evenly over top.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:7.999565228172%

Nutrients (% of daily need)

Calories: 453.88kcal (22.69%), Fat: 29.67g (45.64%), Saturated Fat: 12.36g (77.23%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 32.55g (11.84%), Sugar: 0.91g (1.01%), Cholesterol: 208.61mg (69.54%), Sodium: 426.86mg (18.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.81%), Selenium: 24.43µg (34.91%), Vitamin A: 987.32IU (19.75%), Phosphorus: 148.4mg (14.84%), Vitamin B2: 0.24mg (14%), Vitamin B5: 0.99mg (9.94%), Vitamin B6: 0.19mg (9.34%), Vitamin B12: 0.52µg (8.6%), Vitamin B1: 0.13mg (8.35%), Iron: 1.34mg (7.44%), Vitamin B3: 1.32mg (6.6%), Zinc: 0.98mg (6.53%), Vitamin D: 0.96µg (6.4%), Vitamin E: 0.88mg (5.85%), Folate: 23.09µg (5.77%), Calcium: 54.07mg (5.41%), Magnesium: 18.71mg (4.68%), Potassium: 158.21mg (4.52%), Fiber: 0.88g (3.5%), Copper: 0.07mg (3.5%), Manganese: 0.06mg (2.87%), Vitamin K: 1.25µg (1.19%)