



Vegetarian Benedicts with Thyme Sabayon

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons butter chilled cut into small pieces
- ☐ 1 tablespoon cooking wine dry white
- ☐ 1 large eggs
- ☐ 4 large eggs
- ☐ 2 multigrain muffins split english
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 0.3 cup aged gouda cheese shredded

- ☐ 4 small leaves destemmed lacinato/dinosaur kale trimmed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons milk 1% low-fat
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 8 inch portobello mushroom caps
- ☐ 2 tablespoons citrus champagne vinegar

Equipment

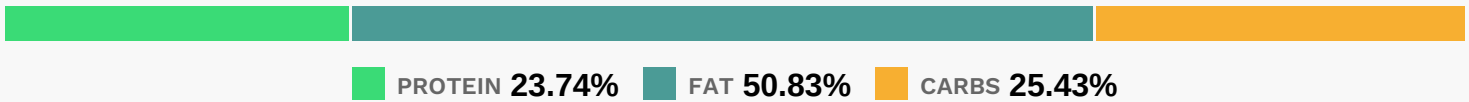
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ double boiler
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ To prepare sauce, combine 1 egg and the next 4 ingredients (through thyme) in the top of a double boiler. Cook over simmering water until thick (about 9 minutes), stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Add butter, 1 piece at a time, stirring with a whisk until thoroughly incorporated. Keep warm.
- ☐ To prepare Benedicts, remove the brown gills from the undersides of portobello mushrooms using a spoon; discard gills.
- ☐ Remove and discard stems.
- ☐ Cut mushroom caps into 1/2-inch-thick slices.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add mushrooms, and cook for 3 minutes on each side or until browned. Keep warm.

- ☐ Bring a large saucepan of water to a boil.
- ☐ Add kale; cook 2 minutes or until just tender. Plunge kale into ice water; drain well.
- ☐ Preheat broiler to high.
- ☐ Place muffin halves, cut sides up, on a baking sheet. Broil 1 minute or until browned. Top each muffin half with 1 tablespoon cheese. Broil 1 minute or until cheese melts. Top cheese with one kale leaf; broil 1 minute. Top muffins evenly with mushroom slices. Keep warm.
- ☐ Add water to a large skillet, filling two-thirds full. Bring to a simmer.
- ☐ Add vinegar. Break each egg into a custard cup, and pour gently into pan. Cook 3 minutes or until desired degree of doneness.
- ☐ Remove eggs from pan using a slotted spoon. Top each muffin half with 1 egg.
- ☐ Whisk sabayon over simmering water to reheat; spoon about 1 1/2 tablespoons sauce evenly over each egg.
- ☐ Sprinkle with pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:9.41, Inflammation Score:-8, Nutrition Score:14.149565178415%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg Kaempferol: 5.15mg, Kaempferol: 5.15mg, Kaempferol: 5.15mg, Kaempferol: 5.15mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 250.09kcal (12.5%), Fat: 13.81g (21.25%), Saturated Fat: 6.13g (38.29%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 14.14g (5.14%), Sugar: 1.28g (1.42%), Cholesterol: 255.11mg (85.04%), Sodium: 368.3mg (16.01%), Alcohol: 0.39g (100%), Alcohol %: 0.33% (100%), Protein: 14.51g (29.03%), Vitamin K: 44.43µg (42.32%), Vitamin A:

1621.49IU (32.43%), Selenium: 22.57µg (32.25%), Phosphorus: 264.55mg (26.46%), Vitamin B2: 0.44mg (25.81%), Calcium: 195.07mg (19.51%), Vitamin C: 12.59mg (15.26%), Vitamin B12: 0.85µg (14.13%), Folate: 52.53µg (13.13%), Vitamin B5: 1.24mg (12.44%), Manganese: 0.23mg (11.5%), Zinc: 1.71mg (11.37%), Iron: 1.73mg (9.59%), Vitamin D: 1.42µg (9.48%), Vitamin B6: 0.16mg (8.22%), Vitamin B1: 0.1mg (6.82%), Vitamin E: 0.98mg (6.51%), Potassium: 224.94mg (6.43%), Magnesium: 24.27mg (6.07%), Copper: 0.11mg (5.67%), Fiber: 1.4g (5.6%), Vitamin B3: 0.89mg (4.44%)