



Waffles Benedict

READY IN



35 min.

SERVINGS



4

CALORIES



659 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups baking mix all-purpose
- 1.3 cups buttermilk
- 4 servings garnish: chives fresh chopped
- 0.3 teaspoon tarragon dried
- 5 large eggs divided
- 0.9 oz knorr hollandaise sauce mix
- 1 tablespoon juice of lemon
- 2 oz parmesan cheese shredded
- 0.3 lb pancetta thin

- 2 tablespoons vegetable oil
- 0.5 teaspoon vinegar white

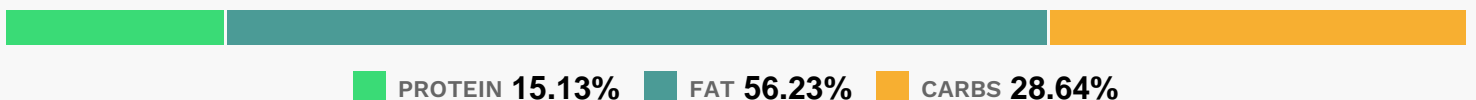
Equipment

- bowl
- sauce pan
- slotted spoon
- waffle iron

Directions

- Stir together baking mix, next 3 ingredients, and 1 egg in a medium bowl until blended.
- Let batter stand 5 minutes.
- Meanwhile, add water to a depth of 3 inches in a large saucepan. Bring to a boil; reduce heat, and maintain a light simmer.
- Add vinegar. Break remaining 4 eggs, and slip into water, 1 at a time, as close as possible to surface. Simmer 3 to 5 minutes or to desired degree of doneness.
- Remove with a slotted spoon. Trim edges, if desired.
- Cook batter in a preheated, lightly greased waffle iron according to manufacturer's directions until golden.
- Prepare hollandaise sauce according to package directions, adding lemon juice and tarragon.
- Stack 2 waffles, and top with 2 prosciutto slices, 1 poached egg, and desired amount of hollandaise sauce.
- Garnish, if desired.
- Note: For testing purposes only, we used Bisquick All-Purpose Baking
- Mix and Knorr Hollandaise Sauce
- Mix.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:1.38, Inflammation Score:-5, Nutrition Score:21.013478248016%

Flavonoids

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 Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 658.61kcal (32.93%), Fat: 39.57g (60.88%), Saturated Fat: 12.99g (81.21%), Carbohydrates: 45.34g (15.11%), Net Carbohydrates: 44.04g (16.01%), Sugar: 11.35g (12.61%), Cholesterol: 298.19mg (99.4%), Sodium: 1553.73mg (67.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.96g (47.92%), Phosphorus: 683.24mg (68.32%), Selenium: 35.56µg (50.79%), Vitamin B2: 0.76mg (44.64%), Calcium: 406.25mg (40.63%), Vitamin B1: 0.49mg (32.89%), Folate: 111.51µg (27.88%), Vitamin B12: 1.47µg (24.5%), Vitamin B5: 2.02mg (20.22%), Vitamin B3: 4.04mg (20.22%), Vitamin K: 19.2µg (18.29%), Iron: 3.07mg (17.07%), Vitamin D: 2.47µg (16.5%), Zinc: 2.21mg (14.71%), Vitamin B6: 0.28mg (13.75%), Vitamin A: 642.1IU (12.84%), Manganese: 0.25mg (12.26%), Potassium: 371.83mg (10.62%), Magnesium: 41.22mg (10.31%), Vitamin E: 1.51mg (10.05%), Copper: 0.18mg (8.84%), Fiber: 1.31g (5.22%), Vitamin C: 2.27mg (2.76%)