



## Waffles Benedict

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



391 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.9 oz knorr hollandaise sauce mix
- 1 tablespoon juice of lemon
- 0.3 teaspoon tarragon dried
- 1.3 cups buttermilk
- 2 oz parmesan shredded
- 2 tablespoons vegetable oil
- 5 eggs
- 0.5 teaspoon vinegar white

- 4 oz pancetta thin
- 1 serving chives fresh chopped
- 2 cups frangelico

## Equipment

- bowl
- sauce pan
- oven
- whisk
- slotted spoon
- waffle iron

## Directions

- Make hollandaise sauce as directed on package, adding lemon juice and tarragon. Cover to keep warm. In medium bowl, stir Bisquick mix, buttermilk, cheese, oil and 1 of the eggs with fork or whisk until blended.
- Let stand 5 minutes.
- Heat waffle maker; brush with additional oil.
- Pour batter onto center of hot waffle maker, following manufacturer's directions for recommended amount. Close lid; bake 5 minutes or until steaming stops and waffles are golden brown.
- Meanwhile, in 3-quart saucepan, heat 2 to 3 inches water to boiling; reduce to simmering.
- Add vinegar. Break remaining 4 eggs, one at a time, into custard cup. Holding cup close to water's surface, carefully slip eggs into water. Cook 3 to 5 minutes or until whites and yolks are firm, not runny.
- Remove with slotted spoon.
- Stack 2 waffles; top with 2 slices prosciutto, 1 poached egg and desired amount of hollandaise sauce.
- Garnish with chives.

## Nutrition Facts



■ PROTEIN 19.75% ■ FAT 72.35% ■ CARBS 7.9%

## Properties

Glycemic Index:55.75, Glycemic Load:1.37, Inflammation Score:-3, Nutrition Score:12.463043404014%

## 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: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 390.86kcal (19.54%), Fat: 29.61g (45.56%), Saturated Fat: 10.38g (64.86%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 7.25g (2.64%), Sugar: 4.32g (4.8%), Cholesterol: 269.09mg (89.7%), Sodium: 777.46mg (33.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.19g (36.39%), Selenium: 28.75µg (41.07%), Phosphorus: 316.96mg (31.7%), Calcium: 293.96mg (29.4%), Vitamin B2: 0.46mg (27.15%), Vitamin B12: 1.17µg (19.49%), Vitamin D: 2.32µg (15.5%), Vitamin B5: 1.37mg (13.74%), Vitamin K: 13.68µg (13.03%), Zinc: 1.75mg (11.64%), Vitamin A: 566.55IU (11.33%), Vitamin B6: 0.22mg (10.78%), Vitamin B1: 0.14mg (9.65%), Vitamin E: 1.35mg (8.99%), Folate: 32.2µg (8.05%), Potassium: 261.46mg (7.47%), Iron: 1.27mg (7.04%), Vitamin B3: 1.31mg (6.54%), Magnesium: 25.01mg (6.25%), Copper: 0.08mg (3.9%), Vitamin C: 1.66mg (2.01%), Manganese: 0.04mg (1.81%)