



Weidmann's Eggs Benedict

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 muffins english halved
- 6 slices ham fully-cooked
- 6 servings knorr hollandaise sauce
- 6 servings paprika
- 6 pepper rings green
- 6 poached eggs
- 6 slices tomatoes thick

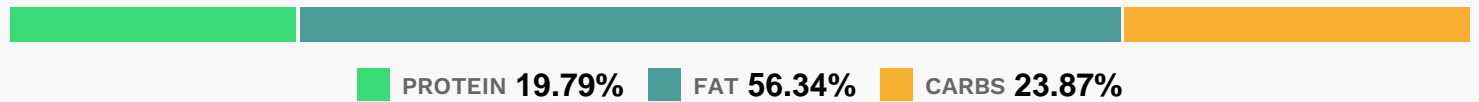
Equipment

grill

Directions

- Toast muffin halves until lightly browned.
- Place ham and tomato slices on grill 4 inches from medium coals; grill 3 minutes on each side.
- Place 1 ham slice and 1 tomato slice on each muffin half. Top each with a poached egg, and cover with Hollandaise Sauce.
- Garnish with green pepper rings; sprinkle with paprika.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.33, Glycemic Load:9.59, Inflammation Score:-7, Nutrition Score:11.589999914169%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 305.1kcal (15.25%), Fat: 19.13g (29.44%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 16.45g (5.98%), Sugar: 1.1g (1.22%), Cholesterol: 209.84mg (69.95%), Sodium: 836.27mg (36.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.25%), Selenium: 20.97µg (29.96%), Vitamin A: 1478.99IU (29.58%), Phosphorus: 230.93mg (23.09%), Vitamin B2: 0.33mg (19.63%), Vitamin B1: 0.23mg (15.51%), Vitamin B12: 0.76µg (12.69%), Vitamin C: 10.27mg (12.45%), Vitamin B5: 1.21mg (12.09%), Vitamin B6: 0.22mg (11.02%), Zinc: 1.6mg (10.68%), Iron: 1.86mg (10.35%), Manganese: 0.19mg (9.57%), Vitamin B3: 1.83mg (9.17%), Folate: 33.92µg (8.48%), Potassium: 294.61mg (8.42%), Vitamin E: 1.25mg (8.32%), Fiber: 1.79g (7.17%), Copper: 0.13mg (6.74%), Vitamin D: 1µg (6.67%), Magnesium: 24.4mg (6.1%), Calcium: 51.78mg (5.18%), Vitamin K: 3.89µg (3.7%)