

BUTTERY

Eggs Benedict



INGREDIENTS

2 large eggs
2 slices of ham
1 English muffin
4 tbsp Hollandaise Sauce

Serving Size	1
Calories	733
Fiber	2g
Protein	30g
Total Carbs	30g
Fat	55g
Sat Fat	29g
Sodium	1.9 mg
Sugar	1g

**2
Yield**

**> 5 MIN
Prep time**

**15 MIN
Total time**

DIRECTIONS

1. Fill a medium pan with cold water, bring to a gentle simmer
2. Gently crack 2 eggs into the water and bring back to simmer
3. Simmer eggs for 2-3 minutes until whites are set and yolk is slightly soft
4. Toast English muffin
5. Place ham on toasted muffins
6. Remove eggs from water with slotted spoon when ready and place on top of ham
7. Spoon Hollandaise sauce on top of eggs
8. Garnish, salt and pepper as desired
9. Serve immediately

SPECIAL DIET INFORMATION

A savory dish that provides protein, fiber and healthy fats with essential nutrients for energy and muscle maintenance. Low in sugar and high in protein that typically keeps stable glucose levels.