



Salmon Egg Benedict

2

20 Min

Description

Salmon Egg Benedict is a common American breakfast or brunch dish, consisting of two halves of an English muffin, each topped with Salmon fish, a poached egg, and a sauce. It is loaded with Protein, Fiber, and Omega-3 Fatty Acids.

Ingredients

- 72.9 ml(73.0 ml) Water
- 2 Egg Whole(90.0 gm) Egg
- 60 Gm(60.0 gm) Salmon
- 1/4 Tsp(1.0 gm) Butter
- 2 Tbsp(12.0 gm) Butter
- 1/8 Tsp(0.54 gm) Salt
- 2 Number(24.0 gm) Egg Yolk
- 1 Tsp(4.0 gm) Vinegar
- 1/8 Tsp(0.54 gm) Salt
- 1/2 Tsp(1.0 gm) Butter
- 2 Slice(50.0 gm) Brown Wheat Bread
- 1/8 Tsp(0.3 gm) Black Pepper
- 1/4 Tbsp(1.0 gm) Lemon Juice

Method of Preparation (Step by Step)

• For Hollandaise Sauce

On a double boiler place bowl and add into the 1 number egg yolk, 1/3rd tsp lemon juice, 1/8th tsp salt, 1/8th tsp black pepper powder and add melted butter time to time.

- Whisk it well till the pale yellow in color.

• For Salmon Egg Benedict

Cut 2 no. brown bread slices with round cutter and toast with 1/4th tsp butter. Remove On a Plate

- Cook salmon slice with 1/4th tsp butter and place over the bread slice.
- Place 2.no poached egg and pour hollandaise sauce.
- Serve

Nutrition Information

Per Serving: 1 Number - 159.0 gm

Energy	245.69 kcal
Carbohydrate	10.88 gm
Protein	12.19 gm
Total Fat	14.4 gm
Total Fiber	1.55 gm