Portabella Eggs Benedict

Recipe courtesy of the Mushroom Council and mushroominfo.com

Preparation Time: 10 minutes
Cooking Time: 10 minutes
Serves: 4

Hollandaise Sauce
2 large egg yolks
1 tablespoon warm water
1 scant tablespoon fresh lemon juice
1/4 teaspoon coarse salt 5 tablespoons light butter (not margarine)

Eggs Benedict
4 large Portabella mushroom caps
4 slices Canadian bacon
2 tablespoons Canola oil
4 large eggs

Hollandaise Sauce
Melt butter in microwave, about 40 seconds. Place egg yolks, warm water, lemon juice and salt in blender. Blend on high. With the blender running, carefully remove the top and very slowly add melted butter to egg mixture. The mixture will thicken. Poach 4 eggs and set aside.

Eggs Benedict
Turn oven to broil. Cook bacon in skillet and set aside. Brush mushrooms on both sides with oil and place gill side down on a large, broiler plate and cook for about 3 minutes. Turn the mushrooms gill side up; add bacon on each mushroom, place back in broiler for 2 minutes or until fully heated and crisp.

To serve, place mushroom on plate gill side up, pat with paper towel to remove moisture. Top with a poached egg and 2 tablespoons of hollandaise. Serve immediately.

Nutrition Facts

Serving Size (215g)
Servings Per Container

Amount Per Serving

Calories 320	Calories from Fat 230
	% Daily Value*
Total Fat 26g	**40%**
Saturated Fat 9g	**45%**
Trans Fat 0g	
Cholesterol 360mg	**120%**
Sodium 680mg	**28%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 17g	

Vitamin A 15% • Vitamin C 2%
Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Each serving provides: 320 calories, 26g fat (40% Daily Value), 9g saturated fat (45% Daily Value), 360mg cholesterol (120% Daily Value), 680mg sodium (28% Daily Value), 17g protein, 56% Daily Value for selenium, 15% Daily Value for vitamin A, 19% Daily Value for potassium, 10% Daily Value for iron, 2% Daily Value for vitamin C, 6% Daily Value for calcium, 7% Daily Value for vitamin D