

Eggs Benedict Casserole

*Sandie Heindel - Liberty, MO
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Servings: 12

*12 ounces Canadian bacon, chopped
6 English muffins, split and cut into
one-inch pieces
8 eggs
2 cups 2% milk
1 teaspoon onion powder
1/4 teaspoon paprika
HOLLANDAISE SAUCE
4 egg yolks
1/2 cup heavy whipping cream
2 tablespoons lemon juice
1 teaspoon Dijon mustard
1/2 cup butter, melted*

Preparation Time: 25 minutes

Bake: 45 minutes

Place half of the Canadian bacon in a greased three quart or 13x9-inch baking dish. Top with the English muffins and remaining Canadian bacon.

In a large bowl, whisk the eggs, milk and onion powder. Pour over the top. Refrigerate, covered, overnight.

Preheat the oven to 375 degrees.

Remove the casserole from the refrigerator while the oven heats. Sprinkle the top with paprika.

Bake, covered, for 35 minutes. Uncover and bake 10 or 15 minutes or until a knife inserted near the center comes out clean.

In the top of a double boiler or a metal bowl over simmering water, whisk the egg yolks, cream, lemon juice and mustard until blended. Cook until the mixture is just thick enough to coat a metal spoon and the temperature reaches 160 degrees, whisking constantly.

Reduce the heat to very low. Very slowly drizzle in warm melted butter, whisking constantly. Serve the hollandaise sauce immediately with the breakfast casserole.

Per Serving (excluding unknown items): 304 Calories; 20g Fat (58.4% calories from fat); 15g Protein; 17g Carbohydrate; 1g Dietary Fiber; 264mg Cholesterol; 688mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 0 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	304	Vitamin B6 (mg):	.2mg
% Calories from Fat:	58.4%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	21.9%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	19.6%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	20g	Folacin (mcg):	52mcg
Saturated Fat (g):	10g	Niacin (mg):	3mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	264mg	% Refuse:	0%
Carbohydrate (g):	17g		
Dietary Fiber (g):	1g		
Protein (g):	15g		
Sodium (mg):	688mg		
Potassium (mg):	264mg		
Calcium (mg):	136mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	818IU		
Vitamin A (r.e.):	218 1/2RE		

Food Exchanges

Grain (Starch):	1
Lean Meat:	1 1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 304 **Calories from Fat:** 178

% Daily Values*

Total Fat 20g	30%
Saturated Fat 10g	49%
Cholesterol 264mg	88%
Sodium 688mg	29%
Total Carbohydrates 17g	6%
Dietary Fiber 1g	3%
Protein 15g	
Vitamin A	16%
Vitamin C	13%
Calcium	14%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.