

# Southern Eggs Benedict

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-eggs-benedict-recipe>

## Ingredients:

- 2 chicken breasts
- 3 tablespoons bbq sauce
- 3 egg yolks
- 1 tablespoon lemon juice
- 1 tablespoon cold water
- 1/2 cup unsalted butter melted
- 1 pinch salt
- 3 whole wheat english muffins
- 6 whole eggs
- 1/4 cup white vinegar
- 1 pinch cayenne pepper optional
- 3 chives optional

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 405 milligrams
4. Fat: 26 grams
5. Fiber: 2 grams
6. Protein: 27 grams
7. SaturatedFat: 13 grams
8. Sodium: 420 milligrams
9. Sugar: 3 grams

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