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Eggs St Patrick (aka Irish Eggs Benedict)

Yield: 4 min Total Time: 60 min

Recipe from: https://www.recipeschoose.com/recipes/st-patrick-day-recipe-irish-apple-cake

Ingredients:

- 1/2 cup unsalted butter
- 3 egg yolks
- 2 tablespoons lemon juice fresh-squeezed
- 1/2 teaspoon Dijon mustard
- dash cayenne
- salt
- pepper
- 1 baking potato large, grated, ~1 cup
- 1 cup mashed potatoes leftover
- 1 cup flour
- 2 green onions thinly sliced
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup buttermilk
- 2 tablespoons butter
- 2 tablespoons butter
- 6 cups baby spinach
- salt
- pepper
- 8 eggs
- 2 teaspoons white vinegar
- 1/2 pound smoked salmon
- paprika or snipped chives (for garnish, optional

Nutrition:

Calories: 830 calories
Carbohydrate: 52 grams

3. Cholesterol: 695 milligrams

4. Fat: 55 grams5. Fiber: 7 grams6. Protein: 36 grams7. Seturated Fat: 20 grams

7. SaturatedFat: 29 grams8. Sodium: 2230 milligrams

9. Sugar: 6 grams

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