

# Quick & Easy Keto Eggs Benedict

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving):** Total carbs: 5.8 g, Fiber: 2.1 g, **Net carbs: 3.8 g,**

Protein: 25.8 g, Fat: 40.6 g, Calories: 488 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



## Ingredients (makes 1 serving)

3 cups fresh spinach (90 g/ 3.2 oz)

1-2 large eggs

2 slices quality ham (46 g/ 1.6 oz)

1 serving [Keto Hollandaise Sauce](#)

salt, freshly ground black pepper, and optionally chile flakes to taste

*Note: Alternatively, instead of blanching the spinach, you can use frozen and thawed spinach (excess water removed), or butter-roasted spinach cooked in a pan for 30-60 seconds.*

## Instructions

1. First, blanch the spinach. Blanching is easy and takes no more than 5 minutes. Wash and pat-dry the spinach leaves. Bring a pot of water to a boil over high heat. Fill another bowl with ice and water, or simply with cold water. Place the spinach leaves into the boiling water and cook for 30-60 seconds.
2. Transfer the leaves immediately into the iced water using tongs or strainer. Remove from the cold water. Strain, squeezing the water out of the leaves.
3. Prepare the [Keto Hollandaise Sauce](#), and keep warm.
4. Poach the eggs. Fill a saucepan with water and add a dash of white vinegar and a pinch of salt. Crack the egg into a cup. Once the water is boiling, reduce the heat to low. Create a gentle whirlpool in the water to help the egg white wrap around the yolk. Slowly tip the egg in the centre of the whirlpool, lowering the cup an inch into the water. Cook undisturbed for 3 minutes. Remove the egg from the hot water and place in a bowl with cold water for a few seconds. This will prevent the egg from overcooking. Then transfer the egg to a plate.
5. Place the cooked spinach on a serving plate, and top with the ham, poached egg, and Hollandaise. Season with salt and pepper and serve.

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