

Eggs Florentine

Romeo Inn - Ashland, OR

The Great Country Inns of America Cookbook (2nd ed) (1992)

Servings: 8

1/4 cup butter
1 large onion, chopped
4 tablespoons flour
4 cups milk
1/2 teaspoon Tabasco sauce
1/2 teaspoon salt
pinch nutmeg
8 ounces mushrooms, sliced
2 packages (10 ounce ea) frozen
chopped spinach, thawed and drained
well
8 hard-cooked eggs
Hollandaise sauce

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In a large skillet, melt the butter. Saute' the onions until golden. Stir in the flour and cook for a few minutes.

Gradually add the milk. Stir and cook until the mixture boils and thickens. Stir in the Tabasco sauce, salt and nutmeg. Add the mushrooms and spinach.

Spoon the spinach mixture into eight individual ramekins. When ready to serve, bake at 350 degrees for about 5 minutes until bubbly.

Top with a sliced hard-cooked egg and Hollandaise sauce. Return to the oven and bake for another 5 minutes.

Per Serving (excluding unknown items): 257 Calories; 16g Fat (53.1% calories from fat); 15g Protein; 16g Carbohydrate; 4g Dietary Fiber; 244mg Cholesterol; 401mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	257	Vitamin B6 (mg):	.3mg
% Calories from Fat:	53.1%	Vitamin B12 (mcg):	1.0mcg
% Calories from Carbohydrates:	24.5%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	22.4%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	16g	Folacin (mcg):	174mcg
Saturated Fat (g):	8g	Niacin (mg):	2mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	244mg
Carbohydrate (g):	16g
Dietary Fiber (g):	4g
Protein (g):	15g
Sodium (mg):	401mg
Potassium (mg):	745mg
Calcium (mg):	304mg
Iron (mg):	4mg
Zinc (mg):	2mg
Vitamin C (mg):	31mg
Vitamin A (i.u.):	9477IU
Vitamin A (r.e.):	1066RE

% Daily Values*

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 257 **Calories from Fat:** 136

% Daily Values*

Total Fat 16g	24%
Saturated Fat 8g	39%
Cholesterol 244mg	81%
Sodium 401mg	17%
Total Carbohydrates 16g	5%
Dietary Fiber 4g	16%
Protein 15g	
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Vitamin A	190%
Vitamin C	51%
Calcium	30%
Iron	20%

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