



Bacon and Egg Salad



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



269 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces bacon cut into 1/2-inch pieces
- ☐ 3 tablespoons champagne vinegar divided
- ☐ 4 large farm eggs fresh
- ☐ 0.5 pound frisée dried washed chopped (2 large heads)
- ☐ 4 servings kosher salt and freshly cracked pepper black
- ☐ 1 shallots sliced

Equipment

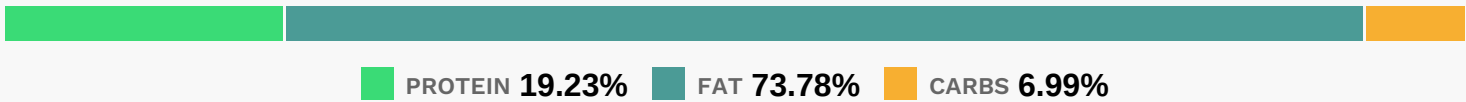
- ☐ frying pan

☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ Cook the bacon pieces in a large skillet over medium-high heat until crisp; transfer to a paper towel-lined plate to drain.
- ☐ Add the shallots to the pan and cook until softened, 2 to 3 minutes.
- ☐ Pour in 2 tablespoons vinegar, reduce the heat and simmer gently for 1 minute.
- ☐ In a large skillet, bring about 6 cups of water and 1 tablespoon of vinegar to gentle simmer. Crack the eggs, 1 at a time, and gently slip them it into the water. Cook until white is set but yolk is still runny, about 1 1/2 to 2 minutes.
- ☐ Add the frisee and crisp bacon pieces to the warm pan dressing, season with salt and pepper, to taste, and toss to coat. Divide the dressed frisee and bacon between 4 plates; top with a poached egg and season with salt and pepper, to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:19.549130626347%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 268.5kcal (13.43%), Fat: 21.81g (33.55%), Saturated Fat: 7.26g (45.38%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.07g (1.19%), Cholesterol: 214.07mg (71.36%), Sodium: 573.47mg (24.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.79g (25.58%), Vitamin K: 168.94µg (160.89%), Vitamin A: 3527.47IU (70.55%), Selenium: 24.14µg (34.49%), Folate: 87.99µg (22%), Phosphorus: 191.53mg (19.15%), Vitamin B2: 0.32mg (18.88%), Vitamin C: 14.16mg (17.17%), Vitamin B5: 1.68mg (16.78%), Manganese: 0.29mg (14.29%), Vitamin B6: 0.28mg (13.96%), Vitamin E: 1.99mg (13.28%), Potassium: 416.64mg (11.9%), Vitamin B1: 0.18mg (11.68%), Copper: 0.23mg (11.39%), Vitamin B12: 0.66µg (10.96%), Vitamin B3: 2.04mg (10.22%), Fiber: 2.47g (9.87%),

Zinc: 1.41mg (9.43%), Iron: 1.69mg (9.37%), Calcium: 89.93mg (8.99%), Vitamin D: 1.17µg (7.8%), Magnesium:
29.88mg (7.47%)