



Bacon, Egg, and Toast Salad with OJ Dressing

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



424 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 slices canadian bacon
- ☐ 2 cups cherry tomatoes quartered
- ☐ 4 large eggs
- ☐ 0.5 cucumber english
- ☐ 0.3 tsp kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 7 ounces multigrain bread thick toasted sliced
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 0.3 cup slivered onion red dry rinsed
- ☐ 1 tablespoon orange juice
- ☐ 0.5 teaspoon orange zest
- ☐ 4 servings bell pepper
- ☐ 2 cups bell peppers red

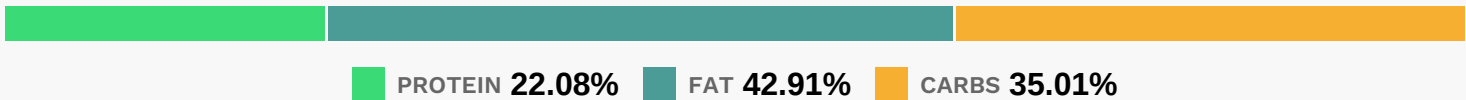
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Quarter cucumber lengthwise, then slice 1/2 in. thick. Toss cucumber, peppers, tomatoes, and onion in a large bowl; set aside.
- ☐ Whisk together 1/4 tsp. salt, the orange zest, orange juice, lemon juice, and oil in a small bowl. Set dressing aside.
- ☐ Brown bacon in a large nonstick frying pan over medium heat until golden, turning once, 4 minutes.
- ☐ Cut into 1/4-in. strips.
- ☐ Put eggs in a small saucepan, cover with water, and bring to a boil. Turn off heat, cover pan, and let sit 3 minutes for soft-cooked. Crack eggs all over on counter, transfer to a bowl of ice water, and let cool 2 to 3 minutes. Peel and halve lengthwise.
- ☐ Meanwhile, tear bread into 1/2- to 1-in. pieces.
- ☐ Add to vegetables along with bacon and dressing, and toss until evenly coated.
- ☐ Divide salad among 4 shallow bowls and top each with 2 egg halves. Season to taste with pepper and more salt.

Nutrition Facts



Properties

Glycemic Index:53.17, Glycemic Load:15.2, Inflammation Score:-10, Nutrition Score:34.747391493424%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 423.54kcal (21.18%), Fat: 20.6g (31.69%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 37.8g (12.6%), Net Carbohydrates: 30.72g (11.17%), Sugar: 12.13g (13.48%), Cholesterol: 207.38mg (69.13%), Sodium: 841.79mg (36.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.69%), Vitamin C: 213.66mg (258.98%), Vitamin A: 5350.4IU (107.01%), Manganese: 1.38mg (68.82%), Selenium: 39.55µg (56.5%), Vitamin B6: 0.89mg (44.31%), Vitamin B1: 0.66mg (44.24%), Phosphorus: 381.6mg (38.16%), Vitamin E: 5.19mg (34.59%), Vitamin B3: 6.83mg (34.14%), Folate: 131.53µg (32.88%), Vitamin B2: 0.55mg (32.09%), Fiber: 7.09g (28.35%), Potassium: 904.51mg (25.84%), Vitamin K: 25.94µg (24.7%), Iron: 3.79mg (21.05%), Magnesium: 83.01mg (20.75%), Vitamin B5: 2.03mg (20.25%), Zinc: 2.69mg (17.95%), Vitamin D: 2.2µg (14.65%), Calcium: 141.27mg (14.13%), Copper: 0.27mg (13.6%), Vitamin B12: 0.73µg (12.19%)