



Bistro Chef's Salad

READY IN



25 min.

SERVINGS



4

CALORIES



701 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 baguette segments split toasted
- 0.5 pound thickly forest ham black sliced cut into strips
- 4 ounces brie cheese sliced
- 1 tablespoon dijon mustard
- 4 large eggs
- 0.3 cup basil fresh sliced
- 1 small head frisée
- 4 servings kosher salt and pepper freshly ground
- 5 ounce baby greens mixed

- 0.3 cup olive oil extra-virgin
- 1 large tomatoes cut into wedges
- 2 tablespoons citrus champagne vinegar

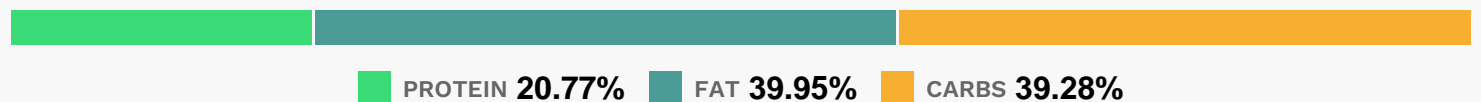
Equipment

- bowl
- paper towels
- whisk
- pot
- slotted spoon

Directions

- Fill a wide, shallow pot with 2 inches of water.
- Add 1/2 tablespoon vinegar and bring to a gentle simmer.
- Meanwhile, divide the brie between the baguette pieces and sprinkle with about 1 tablespoon of the basil.
- Whisk the mustard, the remaining 1 1/2 tablespoons vinegar, 1/2 teaspoon salt, and pepper to taste in a large bowl. Slowly whisk in the olive oil until smooth.
- One at a time, crack each egg into a small bowl or cup, then slip into the simmering water. Poach the eggs until the whites are set but the yolks are still runny, 2 to 3 minutes. Using a slotted spoon, transfer the eggs to a paper towel-lined plate to drain briefly.
- Add the mixed greens, frisee and the remaining basil to the bowl with the dressing and toss; season with salt and pepper. Divide among plates and top with the tomato and ham. Season the eggs with salt and pepper and add to the salads.
- Serve with the baguette pieces.
- Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:59.69, Glycemic Load:41.78, Inflammation Score:-10, Nutrition Score:36.539565397345%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg, Kaempferol: 1.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 700.97kcal (35.05%), Fat: 30.96g (47.63%), Saturated Fat: 9.11g (56.93%), Carbohydrates: 68.48g (22.83%), Net Carbohydrates: 62.85g (22.85%), Sugar: 9.85g (10.95%), Cholesterol: 244.97mg (81.66%), Sodium: 1882.12mg (81.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.21g (72.43%), Vitamin K: 192.77µg (183.59%), Vitamin A: 4557.68IU (91.15%), Folate: 259.39µg (64.85%), Selenium: 42.55µg (60.79%), Vitamin B1: 0.84mg (55.77%), Vitamin B2: 0.86mg (50.83%), Manganese: 0.99mg (49.63%), Iron: 7.13mg (39.62%), Vitamin C: 28.43mg (34.46%), Vitamin B3: 6.61mg (33.03%), Phosphorus: 328.11mg (32.81%), Vitamin E: 4.45mg (29.68%), Calcium: 283.68mg (28.37%), Potassium: 849.8mg (24.28%), Fiber: 5.62g (22.5%), Vitamin B5: 2.19mg (21.88%), Copper: 0.42mg (20.76%), Vitamin B6: 0.41mg (20.57%), Magnesium: 73.41mg (18.35%), Zinc: 2.74mg (18.26%), Vitamin B12: 0.91µg (15.21%), Vitamin D: 1.14µg (7.61%)