



Bistro Dinner Salad

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 slices bacon uncooked ()
- ☐ 1 purée of usa bartlett pear cored thinly sliced
- ☐ 1 ounce cheese blue crumbled
- ☐ 4 slices bread french 1-inch-thick toasted ()
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 teaspoon tarragon dried
- ☐ 4 large eggs
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 8 cups the salad

- ☐ 3 tablespoons walnut pieces finely chopped
- ☐ 1 tablespoon citrus champagne vinegar

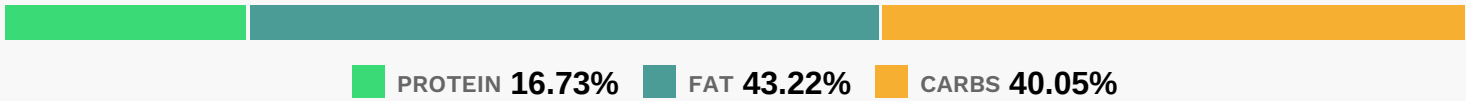
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Place nuts in a small skillet; cook over medium-high heat 3 minutes or until lightly browned, shaking pan frequently.
- ☐ Remove from heat; set aside.
- ☐ Break 1 egg into each of 4 (6-ounce) custard cups coated with cooking spray. Cover with plastic wrap, and microwave at high for 40 seconds or until set; let stand 1 minute.
- ☐ Remove eggs from cups; drain on paper towels.
- ☐ Cook bacon in a skillet over medium-high heat until crisp; cool slightly.
- ☐ Remove bacon from the pan, reserving 1 teaspoon drippings. Crumble bacon.
- ☐ Combine walnuts, bacon, greens, blue cheese, and pear in a large bowl.
- ☐ Combine 1 teaspoon reserved drippings, vinegar, oil, tarragon, and mustard in small bowl; stir with a whisk.
- ☐ Drizzle over greens mixture; toss gently. Arrange 2 cups salad mixture on each of 4 serving plates; top each serving with 1 egg and 1 toast slice.

Nutrition Facts



Properties

Glycemic Index:67.63, Glycemic Load:28.01, Inflammation Score:-8, Nutrition Score:20.275651973227%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 439.12kcal (21.96%), Fat: 21.26g (32.71%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 41g (14.91%), Sugar: 7.69g (8.55%), Cholesterol: 198.58mg (66.19%), Sodium: 639.4mg (27.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.52g (37.03%), Selenium: 37.85µg (54.07%), Manganese: 0.77mg (38.28%), Vitamin B1: 0.56mg (37.57%), Folate: 145.12µg (36.28%), Vitamin B2: 0.6mg (35.55%), Phosphorus: 273.27mg (27.33%), Vitamin A: 1261.85IU (25.24%), Vitamin C: 20.76mg (25.17%), Iron: 4.38mg (24.32%), Vitamin B3: 4.26mg (21.3%), Copper: 0.34mg (16.86%), Vitamin B6: 0.32mg (15.84%), Zinc: 2.08mg (13.86%), Magnesium: 54.07mg (13.52%), Fiber: 3.34g (13.34%), Vitamin B5: 1.32mg (13.23%), Calcium: 124.51mg (12.45%), Potassium: 409.41mg (11.7%), Vitamin B12: 0.59µg (9.77%), Vitamin E: 1.34mg (8.91%), Vitamin D: 1.08µg (7.2%), Vitamin K: 4.78µg (4.55%)