



Chicory Salad with Bacon & Crispy Potatoes & Fried Egg

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 lb bacon sliced
- ☐ 6 cups chicory chopped (curly endive)
- ☐ 1 teaspoon dijon mustard
- ☐ 4 large eggs
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1.5 lb potatoes boiling
- ☐ 1 tablespoon red-wine vinegar

- ☐ 3 tablespoons shallots finely chopped
- ☐ 0.5 tablespoon vegetable oil

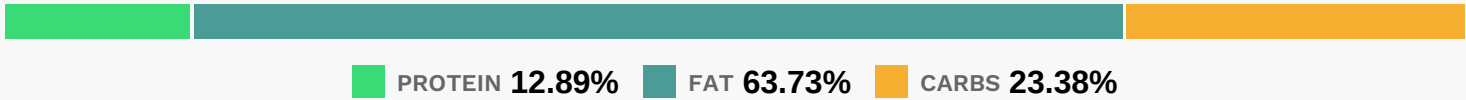
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Cook bacon in a 12-inch nonstick skillet over moderate heat, stirring, until crisp.
- ☐ Transfer with a slotted spoon to paper towels to drain, leaving fat in skillet.
- ☐ Peel potatoes and cut into 1/2-inch cubes. Cook in bacon fat over moderate heat, stirring occasionally, until golden and cooked through, about 15 minutes.
- ☐ Transfer with slotted spoon to paper towels to drain.
- ☐ While potatoes are cooking, combine shallot and vinegar in a large bowl and let stand 10 minutes. Stir in mustard and then olive oil until combined well.
- ☐ Just before serving, slowly fry eggs to desired doneness in vegetable oil with salt and pepper to taste in a large nonstick skillet over moderate heat.
- ☐ Add chicory to dressing, tossing to coat.
- ☐ Add bacon and potatoes, tossing, and season with salt and pepper.
- ☐ Serve salad topped with eggs.
- ☐ Serving the eggs with runny—not fully cooked—yolks may be of concern if salmonella is a problem in your area.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.31, Inflammation Score:-10, Nutrition Score:30.341739322828%

Flavonoids

Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 558.98kcal (27.95%), Fat: 39.97g (61.49%), Saturated Fat: 10.93g (68.32%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 26.81g (9.75%), Sugar: 3.51g (3.9%), Cholesterol: 223.42mg (74.47%), Sodium: 525.88mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.19g (36.37%), Vitamin K: 237.81µg (226.48%), Vitamin A: 4591.82IU (91.84%), Selenium: 28.34µg (40.48%), Vitamin C: 33.25mg (40.31%), Potassium: 1298.7mg (37.11%), Folate: 139.26µg (34.81%), Phosphorus: 325.81mg (32.58%), Vitamin B6: 0.63mg (31.52%), Manganese: 0.61mg (30.53%), Vitamin E: 4.14mg (27.6%), Copper: 0.52mg (25.84%), Fiber: 6.19g (24.74%), Vitamin B5: 2.45mg (24.51%), Vitamin B1: 0.37mg (24.41%), Vitamin B2: 0.4mg (23.79%), Vitamin B3: 4.67mg (23.35%), Magnesium: 75.05mg (18.76%), Iron: 3.21mg (17.83%), Zinc: 2.23mg (14.86%), Calcium: 126.74mg (12.67%), Vitamin B12: 0.73µg (12.14%), Vitamin D: 1.23µg (8.18%)