



Curly-Endive Salad with Bacon and Poached Eggs

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



882 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound bacon sliced
- 4 cups cubes bread white
- 5 quarts salad leaves curly endive ()
- 0.5 teaspoon thyme leaves dried
- 4 eggs
- 1 clove garlic minced
- 4 servings fresh-ground pepper black

- 6 tablespoons olive oil
- 4 servings salt
- 3 tablespoons white-wine vinegar

Equipment

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

Directions

- Put a large frying pan over moderate heat. Toss the bread cubes with 2 tablespoons of the oil and 1/4 teaspoon each of salt and pepper.
- Put them in the pan and cook, stirring frequently, until crisp and brown, about 5 minutes.
- Remove the croutons from the pan.
- Add the bacon to the pan and cook until crisp.
- Remove and drain. Put in a large glass or stainless-steel bowl with the endive.
- Pour off all but 1/4 cup of the fat from the pan.
- Fill a saucepan two-thirds full with water.
- Add the 1 teaspoon vinegar and bring to a boil. Break each egg into a cup or small bowl and slide one at a time into the water. Reduce the heat to a bare simmer. Poach the eggs until the whites are set but the yolks are still soft, about 3 minutes.
- Remove with a slotted spoon and drain on paper towels.
- Sprinkle with salt and pepper.
- To the fat in the pan, add the remaining 4 tablespoons oil, the garlic, thyme, and 1/4 teaspoon each of salt and pepper. Warm the dressing over moderately low heat, stirring occasionally, until the garlic barely starts to brown, about 2 minutes.
- Add the remaining 3 tablespoons vinegar and remove from the heat. Toss the dressing with the endive and bacon until the endive wilts slightly.

- Add the croutons and toss again. Put on plates. Top each salad with a warm egg.
- Wine Recommendation: The great name of Chablis has been debased by oceans of jug wine misappropriating the appellation. Real Chablis is made from chardonnay and has tangy apple and pear flavors that will be spectacular with this salad.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:15.86, Inflammation Score:-10, Nutrition Score:76.483913048454%

Flavonoids

Apigenin: 9.13mg, Apigenin: 9.13mg, Apigenin: 9.13mg, Apigenin: 9.13mg Luteolin: 24.63mg, Luteolin: 24.63mg, Luteolin: 24.63mg, Luteolin: 24.63mg Kaempferol: 28.98mg, Kaempferol: 28.98mg, Kaempferol: 28.98mg, Kaempferol: 28.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 76.79mg, Quercetin: 76.79mg, Quercetin: 76.79mg, Quercetin: 76.79mg

Nutrients (% of daily need)

Calories: 882.42kcal (44.12%), Fat: 52.87g (81.34%), Saturated Fat: 13.05g (81.58%), Carbohydrates: 79.2g (26.4%), Net Carbohydrates: 30.76g (11.19%), Sugar: 10.86g (12.06%), Cholesterol: 201.1mg (67.03%), Sodium: 1380.13mg (60.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.13g (74.25%), Vitamin K: 3535.62µg (3367.25%), Vitamin A: 67893.15IU (1357.86%), Vitamin C: 284.26mg (344.56%), Folate: 1372.25µg (343.06%), Manganese: 5.4mg (270.03%), Vitamin E: 30.57mg (203.83%), Fiber: 48.44g (193.76%), Copper: 3.61mg (180.34%), Vitamin B5: 14.95mg (149.47%), Potassium: 5203.98mg (148.69%), Calcium: 1310.53mg (131.05%), Magnesium: 380.2mg (95.05%), Vitamin B2: 1.54mg (90.56%), Phosphorus: 778.06mg (77.81%), Vitamin B6: 1.52mg (75.97%), Iron: 13.51mg (75.04%), Vitamin B1: 1.11mg (74.28%), Selenium: 39.01µg (55.73%), Vitamin B3: 10.38mg (51.91%), Zinc: 6.62mg (44.15%), Vitamin B12: 0.68µg (11.25%), Vitamin D: 1.11µg (7.38%)