



Dandelion Greens with a Fried Egg, Croutons, and Anchovy Dressing from 'Franny's

READY IN



30 min.

SERVINGS



6

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon anchovy mashed
- 6 servings croutons
- 5 ounces top
- 5 cups dandelion greens
- 6 large eggs
- 1 small garlic clove finely chopped
- 0.3 teaspoon kosher salt
- 6 tablespoons olive oil extra virgin extra-virgin

- 6 servings parmesan grated
- 6 servings pepper black
- 2 teaspoons red wine vinegar

Equipment

- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- mortar and pestle

Directions

- To make the croutons: Preheat the oven to 400°F, with a rack positioned in the middle. Toss the bread with the olive oil, salt, and pepper.
- Spread the bread on a baking sheet and toast until the croutons are golden and crisp, about 10 minutes. Set aside.
- Using a mortar and pestle or the side of a large knife, mash the garlic into a paste with a pinch of salt.
- Transfer to a small bowl.
- Whisk in the vinegar, anchovy, and salt.
- Whisk in 2 tablespoons of the olive oil.
- In a large skillet, heat the remaining 1/4 cup olive oil over medium-high heat until hot but not smoking. Crack the eggs into the skillet and season with salt and pepper. Reduce the heat to medium and cook the eggs until the whites are just set, about 5 minutes.
- Remove from the heat.
- In a large bowl, toss the greens and croutons with the dressing. Divide the salad among six serving plates. Top each with an egg and garnish with grated cheese.

Andrew's Note: Always taste dandelion greens before buying them; sometimes they can be too bitter. Just tear off a tiny piece of a leaf (most vendors at the farmers' market will let you do this) and take a bite. The greens should have a hint of bitterness, but it shouldn't be overwhelming.

Nutrition Facts

PROTEIN 20.7% **FAT 60.83%** **CARBS 18.47%**

Properties

Glycemic Index:40.25, Glycemic Load:10.26, Inflammation Score:-10, Nutrition Score:25.385217376377%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 403.56kcal (20.18%), Fat: 27.48g (42.28%), Saturated Fat: 8.64g (54.03%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 16.56g (6.02%), Sugar: 1.85g (2.05%), Cholesterol: 206.6mg (68.87%), Sodium: 833.39mg (36.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.04g (42.09%), Vitamin K: 366.01µg (348.58%), Vitamin A: 5162.18IU (103.24%), Calcium: 484.09mg (48.41%), Selenium: 29.66µg (42.37%), Phosphorus: 365.04mg (36.5%), Vitamin B2: 0.55mg (32.5%), Vitamin E: 4.24mg (28.24%), Iron: 3.62mg (20.12%), Vitamin C: 16.21mg (19.64%), Vitamin B1: 0.29mg (19.6%), Folate: 68.42µg (17.1%), Manganese: 0.33mg (16.4%), Vitamin B12: 0.81µg (13.45%), Vitamin B6: 0.26mg (12.99%), Zinc: 1.93mg (12.84%), Magnesium: 44.07mg (11.02%), Vitamin B5: 1.03mg (10.31%), Potassium: 312.86mg (8.94%), Fiber: 2.21g (8.84%), Vitamin B3: 1.73mg (8.66%), Copper: 0.17mg (8.26%), Vitamin D: 1.15µg (7.67%)