



Dinner Tonight: Dandelion Salad with Poached Eggs and Bacon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1567 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups bay leaves
- ☐ 2 cups bread stale cut into 1/2-inch cubes
- ☐ 4 servings canola oil as needed
- ☐ 4 large eggs
- ☐ 2 teaspoon rosemary such as thyme or rosemary minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil

- ☐ 1 tablespoon shallots minced
- ☐ 2 tablespoon sherry vinegar
- ☐ 8 ounces bacon thick-cut cut into 1-inch pieces
- ☐ 6 cups water
- ☐ 0.3 cup vinegar white
- ☐ 1 tablespoon coarse mustard

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ oven

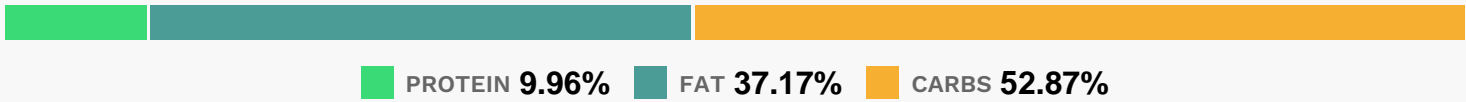
Directions

- ☐ Preheat the oven to 350 degrees. Toss the bread with the oil, herbs, and salt, and spread on a baking sheet.
- ☐ Bake until golden brown, about 10 minutes.
- ☐ In the meantime, start the bacon cooking in a large skillet over medium heat. Cook until the fat renders and the bacon is chewy and starting to crisp, 7-10 minutes.
- ☐ Remove to a plate lines with paper towels, then add a little canola oil (if necessary) to make about 1/3 cup of fat, depending on how much fat the bacon rendered.
- ☐ Add the shallots, vinegar, and mustard and bring to a boil, scraping up any brown bits in the pan. Stir quickly to bring together into a dressing and keep warm.
- ☐ While the bacon is cooking, bring the water and vinegar for the eggs to a simmer, then crack the eggs into a small dish or ladle. Slip them carefully into the water and simmer until the whites are just set and the yolk is still runny, about 3-4 minutes.
- ☐ In a large bowl, combine the dandelion greens with the bacon, croutons, and dressing. Toss to combine, then plate and top with the poached egg.

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Serve immediately while the egg and dressing are still warm.

Nutrition Facts



Properties

Glycemic Index:60.17, Glycemic Load:30.31, Inflammation Score:-10, Nutrition Score:66.537826164909%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 1566.77kcal (78.34%), Fat: 73.53g (113.13%), Saturated Fat: 17.33g (108.33%), Carbohydrates: 235.32g (78.44%), Net Carbohydrates: 168.11g (61.13%), Sugar: 7.22g (8.02%), Cholesterol: 223.42mg (74.47%), Sodium: 1411.36mg (61.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.34g (88.69%), Manganese: 20.79mg (1039.46%), Iron: 107.28mg (596.02%), Vitamin A: 14930.64IU (298.61%), Fiber: 67.22g (268.87%), Vitamin B6: 4.5mg (224.79%), Calcium: 2168.08mg (216.81%), Folate: 551.17µg (137.79%), Vitamin C: 110.53mg (133.98%), Selenium: 68.83µg (98.32%), Vitamin B2: 1.57mg (92.46%), Magnesium: 351.66mg (87.92%), Zinc: 11.37mg (75.83%), Vitamin B3: 13.7mg (68.5%), Copper: 1.28mg (64.15%), Phosphorus: 607.41mg (60.74%), Potassium: 1617.44mg (46.21%), Vitamin B1: 0.69mg (46.19%), Vitamin E: 4.47mg (29.77%), Vitamin B5: 2.07mg (20.7%), Vitamin K: 20.22µg (19.26%), Vitamin B12: 0.73µg (12.14%), Vitamin D: 1.23µg (8.18%)