



Dinner Tonight: Frisée Aux Lardons



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 eggs
- ☐ 1 large head salad leaves curly endive
- ☐ 0.3 cup red wine vinegar
- ☐ 3 tablespoons shallots minced
- ☐ 4 slices bacon thick-cut cut into 1/ matchsticks
- ☐ 4 tablespoons vinegar white

Equipment

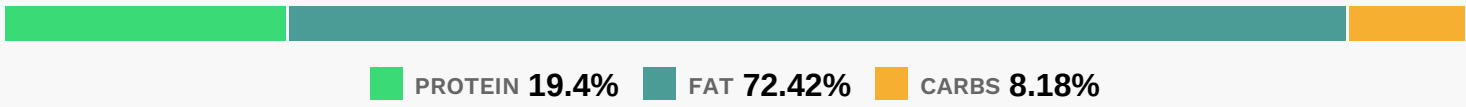
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Bring a saucepan or pot of water to a gentle simmer with the white vinegar—it should be barely bubbling. Crack the eggs (one at a time) into a ladle or small bowl, then lower or slip them into the water in one quick motion. Gently guide the eggs back into a compact shape if the whites spread out too much. Cook until the whites are completely set, 3–5 minutes.
- ☐ In the meantime, fry the bacon over medium–high heat in a skillet until browned and rendered, about 3–4 minutes, then ad the shallots for an additional minute.
- ☐ Remove from the heat, add the red wine vinegar, and stir well to incorporate,
- ☐ Toss the frisée in the dressing until well–coated, then season with salt and pepper. Plate, and top each salad with a poached egg. Finish with extra pepper.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.31, Inflammation Score:-9, Nutrition Score:18.680434662363%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 237.15kcal (11.86%), Fat: 18.65g (28.69%), Saturated Fat: 6.21g (38.79%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 2.24g (0.81%), Sugar: 1.15g (1.28%), Cholesterol: 187.44mg (62.48%), Sodium: 328.64mg (14.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.48%), Vitamin K: 168.34µg (160.32%), Vitamin A: 3481.33IU (69.63%), Selenium: 21.08µg (30.12%), Folate: 85.38µg (21.34%), Vitamin C: 14.23mg (17.25%), Phosphorus: 171.85mg (17.18%), Vitamin B2: 0.29mg (16.96%), Vitamin B5: 1.55mg (15.51%), Manganese: 0.3mg (14.81%), Vitamin B6: 0.26mg (12.79%), Vitamin E: 1.9mg (12.64%), Potassium: 400.5mg (11.44%), Copper: 0.22mg (11.13%), Vitamin B1: 0.16mg (10.36%), Fiber: 2.5g (10%), Vitamin B12: 0.57µg (9.53%), Vitamin B3: 1.78mg (8.89%),

Iron: 1.59mg (8.82%), Calcium: 87.57mg (8.76%), Zinc: 1.27mg (8.44%), Magnesium: 28.88mg (7.22%), Vitamin D: 1.02µg (6.83%)