



Farmer Salad

READY IN



45 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 cups baby arugula loosely packed
- ☐ 8 slices bacon thick coarsely chopped
- ☐ 2 cups egg bread loaf – crusts toasted
- ☐ 8 large eggs
- ☐ 4 cups salad leaves curly endive trimmed
- ☐ 8 servings salt and pepper freshly ground to taste
- ☐ 8 servings parmesan
- ☐ 0.5 cup parmesan shaved
- ☐ 2 cups radicchio thinly thinly sliced

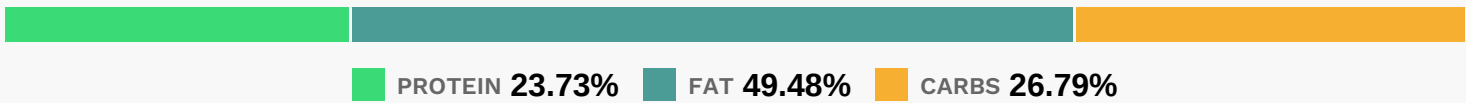
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Bring 12 cups water to a boil in a large Dutch oven.
- ☐ Add eggs; boil 5 (soft cooked) to 7 (hard cooked) minutes or to desired degree of doneness.
- ☐ Remove from heat, and let eggs stand in hot water 1 minute; drain. Peel under cold running water.
- ☐ Cut eggs in half.
- ☐ Cook bacon in a large skillet over medium-high heat 8 to 10 minutes or until crisp; remove bacon, and drain on paper towels.
- ☐ Gently toss together bacon, arugula, next 4 ingredients, and desired amount of Parmesan Vinaigrette. Divide mixture among 8 salad bowls. Top each with 2 egg halves.
- ☐ Sprinkle with salt and pepper to taste.
- ☐ Serve with remaining Parmesan Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.45, Inflammation Score:-9, Nutrition Score:27.650434784267%

Flavonoids

Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg, Cyanidin: 12.7mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 4.32mg, Luteolin: 4.32mg, Luteolin: 4.32mg, Luteolin: 4.32mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.59mg, Kaempferol: 7.59mg, Kaempferol: 7.59mg, Kaempferol: 7.59mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 488.14kcal (24.41%), Fat: 26.63g (40.97%), Saturated Fat: 11.42g (71.38%), Carbohydrates: 32.43g (10.81%), Net Carbohydrates: 29.66g (10.79%), Sugar: 2.17g (2.41%), Cholesterol: 255.34mg (85.11%), Sodium: 1234.76mg (53.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.48%), Vitamin K: 123µg (117.14%), Selenium: 45.96µg (65.65%), Calcium: 572.33mg (57.23%), Vitamin A: 2592.6IU (51.85%), Phosphorus: 471.1mg (47.11%), Vitamin B2: 0.67mg (39.39%), Folate: 141.04µg (35.26%), Vitamin B1: 0.38mg (25.29%), Manganese: 0.51mg (25.26%), Vitamin B3: 4.1mg (20.5%), Iron: 3.64mg (20.2%), Zinc: 2.63mg (17.53%), Vitamin B12: 1.05µg (17.49%), Vitamin B5: 1.62mg (16.24%), Copper: 0.28mg (13.79%), Magnesium: 54.03mg (13.51%), Vitamin B6: 0.26mg (13.05%), Potassium: 422.97mg (12.08%), Vitamin C: 9.8mg (11.88%), Vitamin E: 1.73mg (11.53%), Fiber: 2.77g (11.08%), Vitamin D: 1.51µg (10.04%)