



Fried Eggs over Warm Lentil Salad with Lardons

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



529 kcal

SIDE DISH

Ingredients

- ☐ 1 cup baby spinach leaves
- ☐ 1 large carrots finely chopped
- ☐ 2 rib celery finely chopped
- ☐ 8 large eggs
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 2 leeks white green finely chopped (and pale parts only)
- ☐ 0.8 cup lentils french (preferably green lentils)

- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons red wine vinegar to taste
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 6 ounces bacon thick-cut

Equipment

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

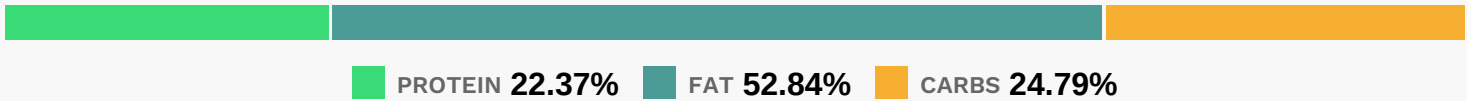
Directions

- ☐ Cover lentils with cold water by 2 inches in a saucepan, then simmer, uncovered, until just tender, about 20 minutes.
- ☐ While lentils are simmering, cook bacon in a 12-inch nonstick skillet over moderate heat, stirring, until crisp, then transfer with a slotted spoon to paper towels to drain, leaving fat in skillet.
- ☐ Add leeks, celery, and carrot to skillet and cook, stirring, until just tender.
- ☐ Add vinegar and boil until most of liquid is evaporated.
- ☐ Remove skillet from heat and stir in tarragon, half of bacon, and salt and pepper, to taste.
- ☐ Transfer to a bowl and keep warm, covered, reserving skillet.
- ☐ Drain lentils well in a large sieve. Stir into vegetable mixture and season with salt and pepper. Keep warm, covered.
- ☐ Wipe skillet with paper towels, then add oil and heat over moderate heat until hot but not smoking. Fry eggs in batches until whites are just set but yolks are still runny and season with salt and pepper.
- ☐ Divide lentil salad among 4 plates. Top with spinach, eggs, and remaining bacon.

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Cook's Note: Serving eggs with runny, not fully-cooked, yolks may be of concern if salmonella is a problem in your area.

Nutrition Facts



Properties

Glycemic Index:61.21, Glycemic Load:2.91, Inflammation Score:-10, Nutrition Score:26.324782578841%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 528.67kcal (26.43%), Fat: 30.6g (47.08%), Saturated Fat: 9.33g (58.31%), Carbohydrates: 32.3g (10.77%), Net Carbohydrates: 19.44g (7.07%), Sugar: 3.75g (4.16%), Cholesterol: 400.07mg (133.36%), Sodium: 455.18mg (19.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.15g (58.3%), Vitamin A: 5084.2IU (101.68%), Vitamin K: 62.23µg (59.27%), Selenium: 39.87µg (56.96%), Fiber: 12.86g (51.46%), Iron: 6.45mg (35.81%), Vitamin B2: 0.55mg (32.55%), Phosphorus: 291.14mg (29.11%), Manganese: 0.5mg (24.79%), Folate: 98.44µg (24.61%), Vitamin B6: 0.47mg (23.46%), Vitamin B5: 1.89mg (18.88%), Vitamin B12: 1.1µg (18.38%), Vitamin E: 2.42mg (16.13%), Vitamin D: 2.17µg (14.47%), Calcium: 141.31mg (14.13%), Vitamin B1: 0.21mg (13.76%), Vitamin C: 11.24mg (13.62%), Zinc: 2mg (13.34%), Potassium: 460.19mg (13.15%), Vitamin B3: 2.35mg (11.77%), Magnesium: 44.25mg (11.06%), Copper: 0.18mg (8.76%)