



Frisée and Wild Mushroom Salad with Poached Egg



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings coarse kosher salt
- ☐ 6 large eggs
- ☐ 9 ounces frisée
- ☐ 3 tablespoons juice of lemon fresh divided
- ☐ 1.5 pounds mushrooms wild assorted sliced (such as chanterelles, morels, oyster, and crimini)
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 2 bunches breakfast radishes french trimmed thinly sliced

Equipment

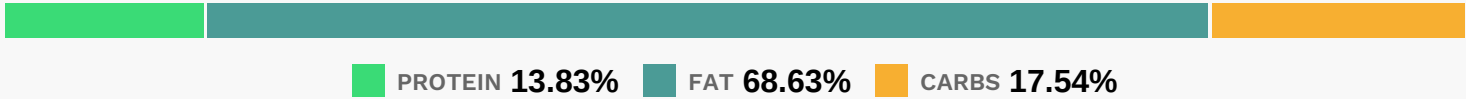
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 375°F.
- ☐ Place mushrooms in large bowl. Toss with 4 tablespoons oil. Scatter mushrooms on rimmed baking sheet.
- ☐ Sprinkle with coarse salt and pepper. Roast until tender, stirring occasionally, 25 to 30 minutes. Cool up to 2 hours.
- ☐ Place large bowl of cool water near stovetop.
- ☐ Pour additional water into large skillet to reach depth of 2 inches.
- ☐ Add 1 tablespoon lemon juice and generous sprinkling of coarse salt to skillet. Bring water to simmer over medium heat. Crack eggs, 1 at a time, into water (whites may spread). Simmer until whites are cooked through and yolks are still soft, occasionally spooning water over, about 3 minutes.
- ☐ Using slotted spoon, transfer eggs to bowl of cool water. Reserve skillet with poaching water. DO AHEAD: Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Bring reserved skillet of water to simmer. Rewarm eggs 1 minute.
- ☐ Whisk remaining 2 tablespoons oil and 2 tablespoons lemon juice in another large bowl to blend. Season dressing to taste with coarse salt and pepper.
- ☐ Add frisée, radishes, and mushrooms and toss to coat. Divide salad among plates. Top each salad with poached egg and serve.
- ☐ Per serving: 240.7 kcal calories,
- ☐ 2 % calories from fat, 19.8 g fat,
- ☐ 7 g saturated fat,

- ☐ 0 mg cholesterol,
- ☐ 0 g carbohydrates,
- ☐ 5 g total sugars,
- ☐ 3 g net carbohydrates,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:24.938695451488%

Flavonoids

Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg, Pelargonidin: 10.52mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 252.45kcal (12.62%), Fat: 19.52g (30.03%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 4.92g (1.79%), Sugar: 2.3g (2.55%), Cholesterol: 186mg (62%), Sodium: 300.99mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Vitamin K: 135.35µg (128.9%), Vitamin A: 2702.73IU (54.05%), Vitamin D: 7.01µg (46.73%), Vitamin B2: 0.52mg (30.73%), Iron: 5.34mg (29.64%), Copper: 0.57mg (28.57%), Manganese: 0.53mg (26.68%), Selenium: 18.08µg (25.83%), Fiber: 6.3g (25.2%), Vitamin B5: 2.52mg (25.16%), Potassium: 868.13mg (24.8%), Vitamin B3: 4.93mg (24.66%), Vitamin E: 3.51mg (23.42%), Folate: 78.21µg (19.55%), Vitamin C: 15.57mg (18.88%), Phosphorus: 187.56mg (18.76%), Zinc: 1.68mg (11.2%), Vitamin B6: 0.19mg (9.74%), Calcium: 92.41mg (9.24%), Magnesium: 35.62mg (8.91%), Vitamin B12: 0.44µg (7.42%), Vitamin B1: 0.07mg (4.42%)