



Frisée Salad with Beans and Warm Bacon Dressing

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



788 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups peasant bread cubed crustless
- ☐ 0.5 pound frisée
- ☐ 2 garlic cloves crushed
- ☐ 0.3 pound mild goat cheese crumbled
- ☐ 1 cup navy beans--picked over dried cold rinsed
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 4 servings pepper freshly ground
- ☐ 4 servings salt
- ☐ 3 large shallots thinly sliced
- ☐ 0.3 pound thick- bacon
- ☐ 3 tablespoons citrus champagne vinegar
- ☐ 0.5 cup cherry tomatoes yellow halved

Equipment

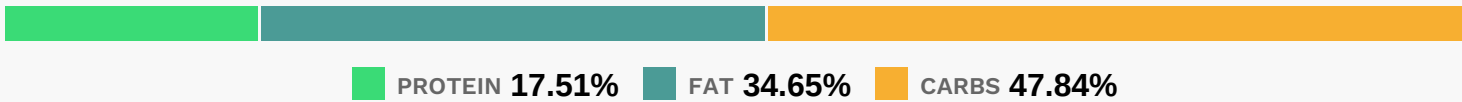
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Drain and rinse the beans. In a medium saucepan, combine the beans with the bay leaf, garlic and 4 cups of water and bring to a boil over high heat. Reduce the heat to moderately low, cover partially and simmer the beans until tender but not mushy, about 1 hour; add 1/2 teaspoon salt 10 minutes before they are done.
- ☐ Drain the beans and let cool to room temperature. Discard the bay leaf and garlic.
- ☐ Meanwhile, preheat the oven to 35
- ☐ Toss the bread cubes with 2 teaspoons of the olive oil and arrange in a single layer in a baking dish.
- ☐ Bake for about 8 minutes, or until golden but not dry.
- ☐ In a nonreactive medium skillet, fry the bacon over moderately high heat until crisp.
- ☐ Transfer the bacon to paper towels to drain.
- ☐ Add the remaining 2 tablespoons olive oil to the fat in the skillet.
- ☐ Add the shallots and cook over moderate heat, stirring occasionally, until just beginning to brown, about 7 minutes. Stir in the vinegar, season with salt and pepper and keep warm.

- ☐ In a large bowl, toss the frise with the beans, bacon, toasted croutons and tomatoes.
- ☐ Add the dressing and toss.
- ☐ Add the goat cheese and toss gently but thoroughly.
- ☐ Serve immediately.
- ☐ Wine Recommendation: The garlicky, smoky flavors suggest a dry white, and the goat cheese narrows the choice to a tart, crisp Sauvignon Blanc. Look for the 1994 Flora Springs Soliloquy or the 1993 Grgich Hills Fum Blanc, both from California.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:31.11, Inflammation Score:-10, Nutrition Score:45.929130450539%

Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

Nutrients (% of daily need)

Calories: 788.34kcal (39.42%), Fat: 30.62g (47.1%), Saturated Fat: 9.83g (61.47%), Carbohydrates: 95.12g (31.71%), Net Carbohydrates: 74.64g (27.14%), Sugar: 10.94g (12.15%), Cholesterol: 31.75mg (10.58%), Sodium: 1081.29mg (47.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.82g (69.65%), Vitamin K: 180.9µg (172.28%), Manganese: 2.54mg (127.24%), Folate: 367.67µg (91.92%), Fiber: 20.48g (81.93%), Vitamin A: 3550.17IU (71%), Vitamin B1: 1.04mg (69.55%), Selenium: 46.97µg (67.1%), Phosphorus: 525.62mg (52.56%), Copper: 1.04mg (51.9%), Iron: 8.73mg (48.51%), Vitamin B3: 9.57mg (47.83%), Magnesium: 171.65mg (42.91%), Potassium: 1207.28mg (34.49%), Vitamin B2: 0.59mg (34.42%), Calcium: 335.33mg (33.53%), Vitamin B6: 0.65mg (32.71%), Zinc: 4.11mg (27.42%), Vitamin B5: 2.45mg (24.49%), Vitamin C: 17.56mg (21.28%), Vitamin E: 2.71mg (18.05%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.23µg (1.51%)