



## Frisee Salad with Dijon Vinaigrette

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 apples crisp thinly sliced ( variety such as Gala or Jonagold)
- 4 eggs
- 2 heads frisée
- 4 servings salt and ground pepper fresh black
- 0.3 cup honey dijon dressing store-bought
- 1 tablespoon juice of lemon
- 0.3 cup slivered almonds
- 0.5 pound bacon thick-cut cut into small strips

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Preheat a skillet over medium-high heat. Fry the bacon until browned and crisp.
- Transfer to a paper towel-lined plate to drain. Reserve 2 tablespoon of bacon drippings for the salad dressing, keep the remaining drippings in the pan to cook the eggs.
- In the bottom of a large salad bowl, whisk together the bacon drippings, honey Dijon dressing and lemon juice. Tear the heads of frisee into bite size pieces and place in the bowl. Season with salt and pepper and toss to coat the ingredients.
- Heat the pan the bacon was cooked in and fry eggs to over easy consistency. Season each with a bit of salt and pepper. Divide the salad among 4 plates. Top each with some of the apple slices, almonds, bacon and a fried egg.

## Nutrition Facts



## Properties

Glycemic Index:18.5, Glycemic Load:1.73, Inflammation Score:-10, Nutrition Score:28.526956392371%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Kaempferol: 2.86mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

## **Nutrients (% of daily need)**

Calories: 430.66kcal (21.53%), Fat: 30.49g (46.9%), Saturated Fat: 9.27g (57.94%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 16.22g (5.9%), Sugar: 10.22g (11.36%), Cholesterol: 201.1mg (67.03%), Sodium: 593.01mg (25.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.39%), Vitamin K: 337.58µg (321.51%), Vitamin A: 6744.2IU (134.88%), Folate: 150.08µg (37.52%), Vitamin C: 30.66mg (37.17%), Selenium: 25.53µg (36.47%), Manganese: 0.69mg (34.33%), Vitamin E: 5.08mg (33.84%), Vitamin B2: 0.45mg (26.44%), Phosphorus: 259.81mg (25.98%), Fiber: 6.49g (25.97%), Vitamin B5: 2.36mg (23.65%), Copper: 0.47mg (23.63%), Potassium: 750.94mg (21.46%), Vitamin B6: 0.37mg (18.71%), Vitamin B1: 0.26mg (17.63%), Magnesium: 66.88mg (16.72%), Calcium: 162.03mg (16.2%), Vitamin B3: 3.17mg (15.84%), Iron: 2.34mg (12.98%), Zinc: 1.94mg (12.95%), Vitamin B12: 0.68µg (11.25%), Vitamin D: 1.11µg (7.38%)