



## Frisée Salad with Lardons

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 cups baguette diced
- ☐ 8 large eggs
- ☐ 2 pound frisée
- ☐ 2 large garlic cloves chopped
- ☐ 0.8 pound bacon lean cut into 1/2-inch dice
- ☐ 0.3 cup red wine vinegar
- ☐ 8 servings salt and pepper freshly ground
- ☐ 3 large shallots thinly sliced

- ☐ 8 servings vegetable oil
- ☐ 1 tablespoon citrus champagne vinegar

## Equipment

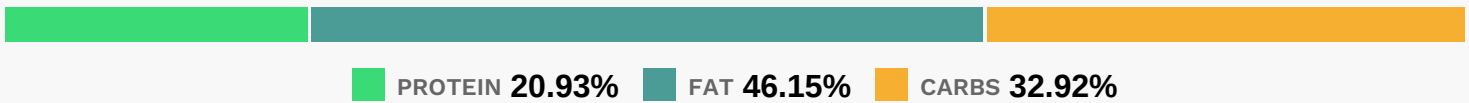
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ measuring cup
- ☐ slotted spoon

## Directions

- ☐ In a large skillet, cook half the bacon over moderate heat until just crisp, 4 to 5 minutes.
- ☐ Transfer the bacon to a bowl and repeat with the remaining bacon.
- ☐ Pour all but 2 tablespoons of the bacon fat into a small glass measuring cup.
- ☐ Reheat the bacon fat in the skillet.
- ☐ Add the diced baguette and cook over moderately high heat, stirring a few times, until crisp, about 4 minutes.
- ☐ Transfer the croutons to a plate to cool. Toss in the bowl with the bacon.
- ☐ Bring a large skillet of water to a boil.
- ☐ Add the white wine vinegar. Break 1 of the eggs into a small cup and slide the egg into the water. Repeat with 3 more eggs. Simmer over moderate heat until the whites are firm and the yolks are soft, about 3 minutes. Using a slotted spoon, transfer the poached eggs to a large platter lined with paper towels. Repeat with the remaining eggs. Keep the poaching water at a low simmer.
- ☐ Measure the reserved bacon fat into a large skillet.
- ☐ Add enough peanut oil to equal 1/3 cup.
- ☐ Add the shallots, season generously with salt and pepper and cook over low heat until softened, about 3 minutes.

- ☐ Add the garlic and cook until fragrant, about 1 minute.
- ☐ Whisk in the red wine vinegar and remove the dressing from the heat.
- ☐ Return the poached eggs to the simmering water to reheat for 30 to 40 seconds. Bring the dressing back to a simmer over low heat.
- ☐ Add the frise to the bacon and croutons in the bowl, add the hot dressing and toss well. Season with salt and pepper. Mound the salad in serving bowls or on plates and top each with a poached egg.
- ☐ Serve at once.
- ☐ Make Ahead: The eggs can be poached up to 2 hours ahead. Refrigerate and bring to room temperature before reheating.
- ☐ Place in a saucepan of simmering water for 30 to 40 seconds, drain, pat dry and serve.
- ☐ Wine Recommendation: A dry but fruity red with good acidity and a slight earthiness, such as a Beaujolais–Villages, can balance the flavors in this salad. Two good choices: the 1999 Louis Jadot and the 1999 Georges Duboeuf Flower Label.

## Nutrition Facts



## Properties

Glycemic Index:16.47, Glycemic Load:19.97, Inflammation Score:-10, Nutrition Score:29.660869556925%

## Flavonoids

Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg, Luteolin: 2.36mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg, Quercetin: 7.37mg

## Nutrients (% of daily need)

Calories: 434.35kcal (21.72%), Fat: 22.42g (34.5%), Saturated Fat: 4.87g (30.45%), Carbohydrates: 35.99g (12%), Net Carbohydrates: 29.89g (10.87%), Sugar: 4.5g (5%), Cholesterol: 186mg (62%), Sodium: 1533.83mg (66.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.77%), Vitamin K: 365.23µg (347.84%), Vitamin A: 6753.41IU (135.07%), Folate: 214.74µg (53.68%), Manganese: 0.82mg (40.98%), Selenium: 26.08µg (37.26%), Vitamin C: 28.25mg (34.24%), Vitamin B2: 0.53mg (31.44%), Vitamin E: 4.41mg (29.39%), Vitamin B1: 0.44mg (29.29%), Fiber: 6.09g (24.38%), Vitamin B5: 2.34mg (23.36%), Iron: 4.11mg (22.82%), Copper: 0.45mg (22.68%), Phosphorus: 216.01mg (21.6%), Calcium: 209.01mg (20.9%), Potassium: 656.62mg (18.76%), Vitamin B3: 3.31mg

(16.57%), Vitamin B6: 0.31mg (15.36%), Magnesium: 57.93mg (14.48%), Zinc: 1.64mg (10.92%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)