



Frisée Salad with Poached Eggs

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



681 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 garlic clove minced
- 2 teaspoons vinegar white
- 0.5 pound salt pork diced
- 12 cups salad leaves curly endive french (curly endive)
- 3 tablespoons citrus champagne vinegar
- 4 tablespoons olive oil
- 12 cups salad leaves curly endive french (curly endive)
- 1 tablespoon tarragon dried fresh crumbled chopped

- 10 slices bread crumbs french italian 1-inch-thick
- 6 large eggs
- 2 shallots sliced thin
- 6 servings frangelico
- 6 servings frangelico

Equipment

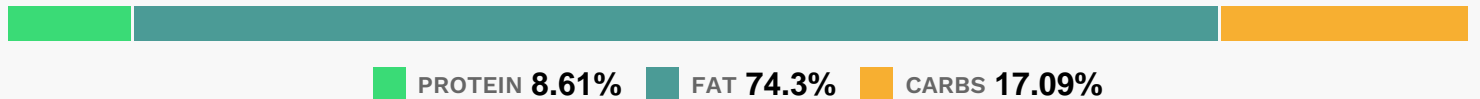
- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- whisk
- slotted spoon
- colander

Directions

- Preheat oven to 350°F.
- Spread 3 tablespoons of oil with a brush on both sides of bread and season with salt and pepper.
- Cut each slice into cubes and bake croutons on a baking sheet in middle of oven until golden brown, about 10 minutes.
- In a saucepan boil salt pork in cold water to cover for 2 minutes and drain in a colander. Rinse salt pork under cold water and pat dry with paper towels.
- Heat remaining 1 tablespoon oil in a skillet over moderate heat and in it cook salt pork, stirring frequently, until browned.
- Remove salt pork with a slotted spoon and drain on paper towels.
- Pour 1/2 cup fat from skillet into a small bowl and whisk in shallots, white-wine vinegar, tarragon, garlic, and salt and pepper to taste until dressing is combined well.

- Fill a wide skillet with 2 inches water and add distilled vinegar. Bring liquid to a rolling boil over high heat and reduce heat to a bare simmer. Poach eggs, 3 at a time, by breaking each one into a saucer and sliding it into the water. As each egg goes in, push white back immediately toward yolk with a large slotted spoon, moving egg gently, and simmer 3 minutes.
- Drain eggs separately in slotted spoon, blot carefully with paper towels, and trim ragged edges of whites.
- In a large bowl toss together frisée, dressing, salt pork, and croutons. Divide salad among 6 plates and top with poached eggs.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.78, Inflammation Score:-10, Nutrition Score:34.204782651818%

Flavonoids

Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg, Apigenin: 1.55mg Luteolin: 4.17mg, Luteolin: 4.17mg, Luteolin: 4.17mg, Luteolin: 4.17mg Kaempferol: 4.9mg, Kaempferol: 4.9mg, Kaempferol: 4.9mg, Kaempferol: 4.9mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg

Nutrients (% of daily need)

Calories: 681.4kcal (34.07%), Fat: 56.98g (87.66%), Saturated Fat: 20.53g (128.3%), Carbohydrates: 29.5g (9.83%), Net Carbohydrates: 19.96g (7.26%), Sugar: 12.55g (13.95%), Cholesterol: 218.51mg (72.84%), Sodium: 1301.91mg (56.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Vitamin K: 601.05µg (572.43%), Vitamin A: 11753.42IU (235.07%), Folate: 270.94µg (67.73%), Vitamin C: 49.6mg (60.12%), Manganese: 1.01mg (50.61%), Vitamin E: 6.39mg (42.62%), Fiber: 9.54g (38.16%), Copper: 0.66mg (33.2%), Vitamin B5: 3.19mg (31.92%), Potassium: 1076.41mg (30.75%), Vitamin B2: 0.5mg (29.41%), Selenium: 18.44µg (26.35%), Calcium: 249.09mg (24.91%), Phosphorus: 235.84mg (23.58%), Iron: 4.12mg (22.9%), Magnesium: 80.68mg (20.17%), Vitamin B6: 0.39mg (19.73%), Vitamin B1: 0.28mg (18.52%), Vitamin B3: 3.28mg (16.39%), Zinc: 1.98mg (13.23%), Vitamin B12: 0.55µg (9.24%), Vitamin D: 1.08µg (7.17%)