



Full English salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2038 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 20 plum tomatoes
- ☐ 250 g pack chestnut mushroom halved
- ☐ 8 bacon smoked
- ☐ 4 pork sausage
- ☐ 2.5 tbsp olive oil
- ☐ 2 tsp sherry vinegar
- ☐ 2 tsp dijon mustard
- ☐ 4 eggs

- ☐ 100 g baby lettuce
- ☐ 8 crusty baguette toasted thin

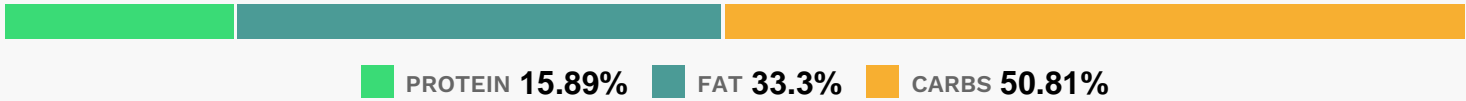
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ On a deep baking tray arrange the tomatoes, then mushrooms, bacon coils and sausages in lines. Season the veg and drizzle them with tbsp of the oil.
- ☐ Bake for 35 mins, turning sausages and bacon once.
- ☐ Remove from oven when the meat is cooked through, the sausages have browned and the bacon is crisp.
- ☐ Meanwhile, make the dressing by mixing 1 tbsp oil with vinegar and mustard.
- ☐ Fry the eggs in the remaining oil, in a non-stick pan, cooking to your liking. Assemble the salad by placing a handful of leaves on each plate. Slice the sausages and arrange with the tomatoes, mushrooms and bacon on top of the leaves.
- ☐ Drizzle with dressing.
- ☐ Place a couple of baguette slices in the middle of the salads and lay eggs on top.

Nutrition Facts



Properties

Glycemic Index:42.44, Glycemic Load:168.2, Inflammation Score:-10, Nutrition Score:68.182608977608%

Flavonoids

Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.42mg, Myricetin:

0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 2037.57kcal (101.88%), Fat: 74.83g (115.13%), Saturated Fat: 21.2g (132.51%), Carbohydrates: 256.98g (85.66%), Net Carbohydrates: 241.96g (87.98%), Sugar: 33.07g (36.75%), Cholesterol: 274.08mg (91.36%), Sodium: 4216.56mg (183.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 80.34g (160.67%), Vitamin B1: 3.56mg (237.07%), Selenium: 125.6µg (179.43%), Vitamin B3: 34.14mg (170.71%), Folate: 628.61µg (157.15%), Manganese: 2.86mg (142.95%), Vitamin B2: 2.37mg (139.2%), Iron: 20.86mg (115.87%), Vitamin A: 4773.96IU (95.48%), Phosphorus: 937.58mg (93.76%), Vitamin K: 76.88µg (73.22%), Vitamin B6: 1.4mg (69.93%), Copper: 1.23mg (61.72%), Calcium: 615.07mg (61.51%), Potassium: 2116.09mg (60.46%), Fiber: 15.03g (60.11%), Zinc: 8.77mg (58.43%), Vitamin C: 45.58mg (55.25%), Magnesium: 200.65mg (50.16%), Vitamin B5: 4.82mg (48.21%), Vitamin E: 5.32mg (35.47%), Vitamin B12: 1.63µg (27.24%), Vitamin D: 2.59µg (17.25%)