



Poached Egg and Arugula Salad Bruschetta

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



336 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 ounce arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 4 ounces bread baguette french cut into 8 slices
- ☐ 2 teaspoons dijon mustard
- ☐ 4 large eggs
- ☐ 2.5 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots finely chopped

- ☐ 4 center-cut bacon crumbled cooked
- ☐ 3 tablespoons citrus champagne vinegar divided

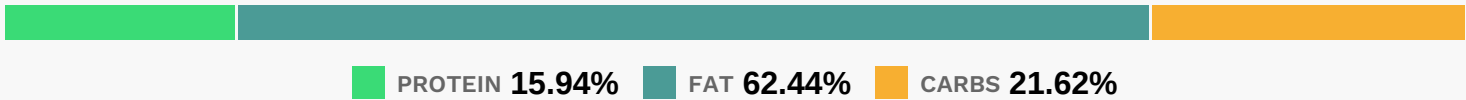
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ slotted spoon
- ☐ grill pan

Directions

- ☐ Combine shallots, oil, 1 tablespoon vinegar, mustard, salt, and pepper, stirring with a whisk.
- ☐ Heat a grill pan over medium-high heat. Lightly coat both sides of each bread slice with cooking spray.
- ☐ Add bread to grill pan; cook 3 minutes on each side or until toasted.
- ☐ Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat to medium; add remaining 2 tablespoons vinegar to pan. Break eggs into custard cups. When water cools to a simmer, gently pour eggs into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon.
- ☐ Place 2 toast slices on each of 4 plates.
- ☐ Add arugula to oil mixture; toss. Arrange about 1 cup arugula mixture on each serving; sprinkle evenly with bacon. Top each serving with 1 egg.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.63, Glycemic Load:11.9, Inflammation Score:-7, Nutrition Score:15.151739265608%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg, Kaempferol: 12.36mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 335.78kcal (16.79%), Fat: 23.25g (35.77%), Saturated Fat: 5.89g (36.79%), Carbohydrates: 18.11g (6.04%), Net Carbohydrates: 16.56g (6.02%), Sugar: 2.85g (3.16%), Cholesterol: 200.52mg (66.84%), Sodium: 571.7mg (24.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.36g (26.71%), Vitamin K: 44.44µg (42.33%), Selenium: 28.93µg (41.33%), Folate: 95.48µg (23.87%), Vitamin B2: 0.4mg (23.59%), Vitamin A: 1121.47IU (22.43%), Vitamin B1: 0.31mg (20.46%), Phosphorus: 187.07mg (18.71%), Manganese: 0.32mg (16.23%), Iron: 2.83mg (15.71%), Vitamin E: 2.1mg (14.03%), Vitamin B3: 2.43mg (12.13%), Vitamin B5: 1.17mg (11.68%), Vitamin B6: 0.23mg (11.38%), Calcium: 106.02mg (10.6%), Zinc: 1.42mg (9.44%), Magnesium: 37.7mg (9.43%), Vitamin B12: 0.56µg (9.25%), Potassium: 310.63mg (8.88%), Vitamin D: 1.09µg (7.25%), Vitamin C: 5.98mg (7.25%), Copper: 0.13mg (6.29%), Fiber: 1.55g (6.22%)