



Poached Egg and Bacon Salad – Salad Lyonnaise

READY IN



20 min.

SERVINGS



1

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 strips bacon
- ☐ 1 slice bread french italian
- ☐ 1 teaspoon butter
- ☐ 1 poached eggs
- ☐ 1 handful frisée lettuce fresh
- ☐ 1 teaspoon shallots chopped
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 tablespoon red-wine vinegar

- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 serving salt and pepper to taste

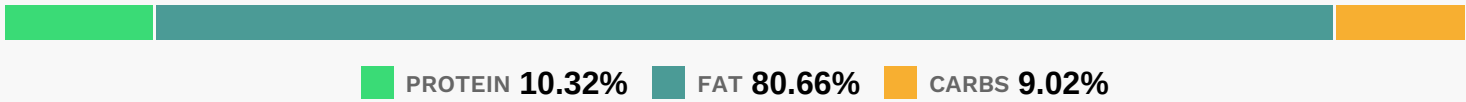
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Cook the bacon: Cook two strips of bacon on medium heat until done, about 5 minutes.
- ☐ Remove from heat, let drain of excess fat on a paper towel. Once cool, chop.
- ☐ Cut a slice of French or Italian bread into cubes. Toast on medium high heat in a small saucepan with a teaspoon of melted butter. Do not stir bread unless to turn to a different side once one side is toasted.
- ☐ Poach egg: Poach egg your favorite way. See how to poach an egg for our recommendation on the easiest way to do it.
- ☐ Make dressing: In a small jar, mix the olive oil, vinegar, mustard, salt and pepper.
- ☐ Assemble salad:
- ☐ Layer the fris  e, chopped cooked bacon, shallots, and croutons on a salad plate.
- ☐ Pour dressing over salad. Top with the poached egg.
- ☐ Devour.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:9.6039130506308%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 532.23kcal (26.61%), Fat: 47.4g (72.93%), Saturated Fat: 15.76g (98.48%), Carbohydrates: 11.92g (3.97%), Net Carbohydrates: 11.01g (4%), Sugar: 6.57g (7.3%), Cholesterol: 224.79mg (74.93%), Sodium: 769.59mg (33.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Selenium: 25.07µg (35.82%), Vitamin E: 2.87mg (19.16%), Phosphorus: 176.03mg (17.6%), Vitamin B2: 0.25mg (14.82%), Vitamin B3: 2.73mg (13.63%), Vitamin B1: 0.17mg (11.48%), Vitamin K: 11.96µg (11.39%), Vitamin B5: 1.04mg (10.38%), Vitamin B6: 0.2mg (9.94%), Vitamin B12: 0.58µg (9.72%), Iron: 1.7mg (9.43%), Vitamin A: 469.25IU (9.39%), Zinc: 1.24mg (8.28%), Folate: 32.21µg (8.05%), Vitamin D: 1.18µg (7.84%), Potassium: 221.38mg (6.33%), Magnesium: 17.31mg (4.33%), Fiber: 0.91g (3.65%), Calcium: 35.88mg (3.59%), Copper: 0.06mg (3.13%), Manganese: 0.05mg (2.34%)