



Poached Egg and Bacon Salad – Salad Lyonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



461 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 strips bacon
- ☐ 1 slice bread and a little butter to make buttered croutons french italian
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 handful frisée lettuce fresh
- ☐ 1 Tbsp olive oil
- ☐ 1 poached eggs
- ☐ 1 serving salt and pepper to taste

- ☐ 1 teaspoon shallots chopped
- ☐ 1 Tbsp red-wine vinegar

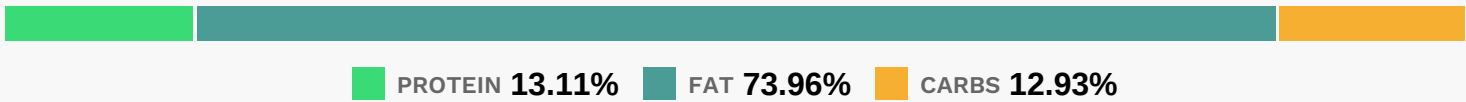
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ 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.2
- ☐ 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.3 Poach egg your favorite way. See how to poach an egg for our recommendation on the easiest way to do it.4
- ☐ Layer the fris  e, bacon, shallots, and croutons on a salad plate. In a small jar, mix the olive oil, vinegar, mustard, salt and pepper.
- ☐ Pour dressing over salad. Top with the poached egg.Devour.

Nutrition Facts



Properties

Glycemic Index:120.67, Glycemic Load:7.24, Inflammation Score:-3, Nutrition Score:12.273043474425%

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: 461.49kcal (23.07%), Fat: 37.56g (57.78%), Saturated Fat: 9.54g (59.63%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 13.44g (4.89%), Sugar: 1.99g (2.21%), Cholesterol: 214.04mg (71.35%), Sodium: 795.67mg (34.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.97%), Selenium: 33.09  g (47.26%), Phosphorus: 203.54mg (20.35%), Manganese: 0.38mg (19.03%), Vitamin E: 2.81mg (18.74%), Vitamin B2: 0.3mg

(17.81%), Vitamin B1: 0.26mg (17.27%), Vitamin B3: 3.39mg (16.95%), Iron: 2.28mg (12.68%), Vitamin B5: 1.26mg (12.62%), Vitamin K: 12.98µg (12.36%), Vitamin B6: 0.23mg (11.49%), Folate: 43.26µg (10.81%), Zinc: 1.49mg (9.92%), Vitamin B12: 0.57µg (9.58%), Vitamin D: 1.18µg (7.84%), Calcium: 69.67mg (6.97%), Vitamin A: 344.86IU (6.9%), Magnesium: 25.28mg (6.32%), Potassium: 216.22mg (6.18%), Fiber: 1.33g (5.33%), Copper: 0.1mg (5.21%)