



Poached Egg Whites, Turkey Bacon Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



372 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 egg whites
- ☐ 4 cups salad leaves curly endive rinsed
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 4 slices at least of turkey bacon cut into 1/2-inch strips
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup vinegar white

☐ 2 teaspoon coarse mustard

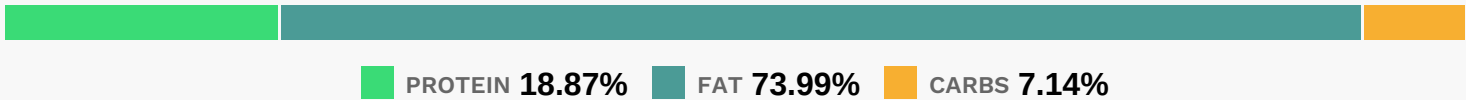
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Add white vinegar and salt to a large pot of water; bring to a simmer. Slide an egg white into pot slowly; let cook 30 seconds before adding another egg white.
- ☐ Repeat with remaining egg whites. Poach until opaque, 2 to 3 minutes each; with a slotted spoon, move to a plate.
- ☐ In a medium pan over low heat, sauté turkey bacon until crisp, 7 to 10 minutes. Set aside.
- ☐ In a microwave-safe bowl, whisk together oils, red wine vinegar and mustard; season with salt and black pepper. Nuke vinaigrette 45 seconds. Toss frisée and turkey bacon with warm vinaigrette.
- ☐ Divide frisée mixture between 2 bowls and create a nest in each; add 2 poached egg whites to each nest. Season with salt and black pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index: 41, Glycemic Load: 0.04, Inflammation Score: -10, Nutrition Score: 23.110869635706%

Flavonoids

Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg, Apigenin: 0.78mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 372.46kcal (18.62%), Fat: 29.18g (44.9%), Saturated Fat: 5.38g (33.61%), Carbohydrates: 6.34g (2.11%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.25g (1.39%), Cholesterol: 27.44mg (9.15%), Sodium: 2005.57mg (87.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.49%), Vitamin K: 320.6µg (305.33%), Vitamin A: 5720.55IU (114.41%), Vitamin E: 5.14mg (34.25%), Selenium: 21.86µg (31.24%), Vitamin C: 24.06mg (29.16%), Folate: 115.27µg (28.82%), Manganese: 0.53mg (26.65%), Vitamin B2: 0.43mg (25.52%), Phosphorus: 195.9mg (19.59%), Potassium: 641.75mg (18.34%), Copper: 0.36mg (18.19%), Fiber: 4.22g (16.86%), Vitamin B5: 1.29mg (12.88%), Magnesium: 48.72mg (12.18%), Calcium: 118.83mg (11.88%), Vitamin B6: 0.2mg (10.05%), Iron: 1.78mg (9.89%), Zinc: 1.34mg (8.91%), Vitamin B3: 1.58mg (7.9%), Vitamin B1: 0.09mg (5.91%), Vitamin B12: 0.15µg (2.58%)