



Roasted Asparagus and Arugula Salad with Poached Egg

 Vegetarian  Dairy Free

READY IN



38 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound asparagus green trimmed
- 5 ounce baby arugula
- 0.5 teaspoon pepper black divided freshly ground
- 4 large eggs
- 2 teaspoons tarragon fresh chopped
- 3 ounce bread italian toasted cut in half diagonally
- 0.3 teaspoon kosher salt divided

- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra-virgin divided
- 3 tablespoons shallots minced
- 1 tablespoon citrus champagne vinegar

Equipment

- bowl
- frying pan
- oven
- whisk
- slotted spoon

Directions

- Preheat oven to 45
- Place asparagus on a jelly-roll pan.
- Drizzle with 2 teaspoons oil; sprinkle with 1/4 teaspoon pepper and 1/8 teaspoon salt. Toss gently to coat; arrange in a single layer.
- Bake at 450 for 5 minutes or until crisp-tender.
- Place remaining 7 teaspoons oil, 1/8 teaspoon pepper, remaining 1/8 teaspoon salt, shallots, juice, and tarragon in a large bowl; stir well with a whisk.
- Add arugula; toss gently to coat.
- Place about 1 1/2 cups arugula mixture on each of 4 plates. Top each serving with one-fourth of the asparagus.
- Add water to a large skillet, filling two-thirds full; bring to a boil. Reduce heat; simmer.
- Add vinegar. Break each egg into a custard cup, and pour each gently into pan; cook 3 minutes or until desired degree of doneness. Carefully remove eggs from pan using a slotted spoon; place 1 poached egg on each salad.
- Sprinkle with remaining 1/8 teaspoon pepper. Arrange 2 bread halves on each serving.

Nutrition Facts



■ PROTEIN 14.2% ■ FAT 62.4% ■ CARBS 23.4%

Properties

Glycemic Index:49, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:20.666521860206%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 7.99mg, Isorhamnetin: 7.99mg, Isorhamnetin: 7.99mg, Isorhamnetin: 7.99mg Kaempferol: 13.94mg, Kaempferol: 13.94mg, Kaempferol: 13.94mg, Kaempferol: 13.94mg Quercetin: 18.69mg, Quercetin: 18.69mg, Quercetin: 18.69mg, Quercetin: 18.69mg

Nutrients (% of daily need)

Calories: 325.84kcal (16.29%), Fat: 23.24g (35.75%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 15.51g (5.64%), Sugar: 10.39g (11.55%), Cholesterol: 186mg (62%), Sodium: 309.22mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.8%), Vitamin K: 92.74µg (88.32%), Vitamin A: 2012.32IU (40.25%), Folate: 137.07µg (34.27%), Vitamin B2: 0.45mg (26.73%), Iron: 4.79mg (26.59%), Selenium: 18.22µg (26.03%), Vitamin E: 3.49mg (23.25%), Manganese: 0.44mg (22.17%), Phosphorus: 193.19mg (19.32%), Vitamin C: 15.69mg (19.01%), Fiber: 4.09g (16.37%), Vitamin B1: 0.24mg (15.77%), Potassium: 542.86mg (15.51%), Copper: 0.3mg (14.78%), Vitamin B6: 0.27mg (13.41%), Calcium: 128.06mg (12.81%), Vitamin B5: 1.27mg (12.67%), Magnesium: 48.22mg (12.06%), Vitamin B3: 2.33mg (11.63%), Zinc: 1.54mg (10.29%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)