



## Salad Lyonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.5 pound side bacon cut into 1/4-inch dice
- 8 oz tender inner curly endive leaves rinsed
- 1 tablespoon dijon mustard
- 3 large to 4 eggs
- 0.3 pound bread french toasted sliced
- 4 servings salt and pepper
- 0.3 cup citrus champagne vinegar

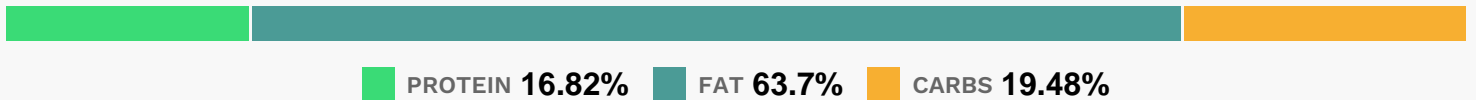
## Equipment

- bowl
- frying pan
- whisk
- spatula
- slotted spoon

## Directions

- Tear frise into bite-size pieces and place in a wide salad bowl.
- Tear bread into 1/2-inch chunks and scatter over the greens.
- Put bacon in a 10- to 12-inch nonstick frying pan over medium heat and stir often until browned and crisp, 10 to 12 minutes. With a slotted spoon, transfer to towels to drain.
- Break eggs into drippings in pan, and when whites are firm on the bottom, slide a spatula under each egg and, if desired, carefully turn over. Cook until whites are no longer clear, about 1 minute total. With spatula, transfer eggs to a plate (place side by side); keep warm.
- Quickly discard all but 2 tablespoons fat from pan. Turn heat to high, add vinegar and mustard, and whisk until mixture boils.
- Pour hot dressing over frisee and bread, add bacon, and mix. Spoon into wide bowls and top each serving with a hot egg. Season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:28.13, Glycemic Load:11.35, Inflammation Score:-9, Nutrition Score:22.67086961995%

## Flavonoids

Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg, Kaempferol: 1.39mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

## Nutrients (% of daily need)

Calories: 385.34kcal (19.27%), Fat: 27.05g (41.62%), Saturated Fat: 8.91g (55.71%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 15.56g (5.66%), Sugar: 1.9g (2.11%), Cholesterol: 176.92mg (58.97%), Sodium: 861.01mg

(37.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.07g (32.14%), Vitamin K: 169.1µg (161.05%), Vitamin A: 3467.63IU (69.35%), Selenium: 32.46µg (46.38%), Folate: 115.13µg (28.78%), Vitamin B1: 0.41mg (27.59%), Vitamin B2: 0.4mg (23.38%), Phosphorus: 217.56mg (21.76%), Manganese: 0.43mg (21.58%), Vitamin B3: 3.98mg (19.9%), Vitamin C: 13.7mg (16.6%), Vitamin B5: 1.65mg (16.53%), Vitamin B6: 0.31mg (15.35%), Iron: 2.64mg (14.64%), Vitamin E: 1.99mg (13.28%), Copper: 0.27mg (13.28%), Potassium: 446.81mg (12.77%), Fiber: 3.05g (12.21%), Zinc: 1.71mg (11.43%), Vitamin B12: 0.62µg (10.29%), Magnesium: 39.79mg (9.95%), Calcium: 98.65mg (9.87%), Vitamin D: 0.98µg (6.51%)