



## Salad with Canadian Bacon and Poached Eggs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6 oz canadian bacon sliced cut into 1- by 1/4-inch pieces
- ☐ 1 teaspoon dijon mustard
- ☐ 4 large eggs
- ☐ 1 tablespoon flat-leaf parsley fresh finely chopped
- ☐ 6 cups torn frisée
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 5.5 teaspoons red-wine vinegar

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced

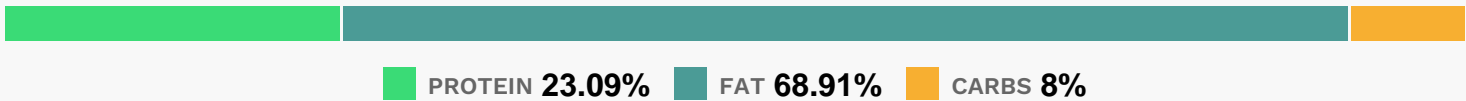
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

## Directions

- ☐ Whisk together mustard, salt, shallots, parsley, and 4 1/2 teaspoons vinegar in a large bowl.
- ☐ Add 3 tablespoons oil in a slow stream, whisking until emulsified.
- ☐ Heat remaining tablespoon oil in a 12-inch skillet over high heat and brown bacon with pepper, stirring, 1 to 2 minutes.
- ☐ Fill a deep 10-inch skillet with 1 1/2 inches of water and 1 teaspoon vinegar and bring to a simmer. Break 1 egg into a cup, then slide into water. Repeat with remaining 3 eggs, spacing them evenly. Poach at a bare simmer until whites are firm but yolks are still runny, 2 to 3 minutes.
- ☐ Transfer eggs to paper towels and season with salt and pepper.
- ☐ Toss frisée with dressing.
- ☐ Serve topped with bacon and eggs.
- ☐ The egg yolks are not fully cooked, which may be of concern if salmonella is a problem in your area.

## Nutrition Facts



## Properties

Glycemic Index:31.5, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:24.783478322236%

## Flavonoids

Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg, Quercetin: 4.87mg

Nutrients (% of daily need)

Calories: 285.93kcal (14.3%), Fat: 22.01g (33.86%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 5.75g (1.92%), Net Carbohydrates: 2.44g (0.89%), Sugar: 1.13g (1.26%), Cholesterol: 207.26mg (69.09%), Sodium: 650.3mg (28.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.59g (33.18%), Vitamin K: 248.65µg (236.81%), Vitamin A: 4644.45IU (92.89%), Selenium: 26.7µg (38.15%), Vitamin E: 4.34mg (28.95%), Folate: 111.05µg (27.76%), Vitamin B1: 0.39mg (26.06%), Phosphorus: 243.46mg (24.35%), Vitamin C: 19.77mg (23.96%), Vitamin B2: 0.38mg (22.35%), Manganese: 0.4mg (20.12%), Vitamin B5: 1.88mg (18.83%), Vitamin B6: 0.35mg (17.47%), Potassium: 560.57mg (16.02%), Vitamin B3: 3.1mg (15.48%), Vitamin D: 2.19µg (14.6%), Copper: 0.29mg (14.37%), Fiber: 3.31g (13.24%), Vitamin B12: 0.73µg (12.17%), Iron: 2.12mg (11.75%), Calcium: 112.17mg (11.22%), Zinc: 1.6mg (10.63%), Magnesium: 38.59mg (9.65%)