



Salad with Egg Dressing

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



8

CALORIES



98 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 bacon crumbled cooked
- 0.5 cup cucumber sliced
- 2 eggs beaten
- 8 cups the salad mixed
- 1 small onion chopped
- 0.5 cup sugar
- 1 medium tomatoes cut into wedges
- 0.3 cup water

0.3 cup vinegar white

Equipment

bowl

kitchen thermometer

microwave

Directions

In a microwave-safe bowl, combine the eggs, sugar and water. Microwave, uncovered, on high for 45 seconds. Stir in vinegar; cook for 1 to 1-1/2 minutes or until a thermometer reads 160°.

Meanwhile, in a salad bowl, combine greens, onion, bacon, tomato and cucumber.

Drizzle with warm dressing; toss to coat.

Nutrition Facts


PROTEIN 14.21% **FAT 23.33%** **CARBS 62.46%**

Properties

Glycemic Index:25.01, Glycemic Load:9.08, Inflammation Score:-5, Nutrition Score:4.366956513861%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 97.67kcal (4.88%), Fat: 2.57g (3.96%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 15.09g (5.49%), Sugar: 13.41g (14.9%), Cholesterol: 44.88mg (14.96%), Sodium: 95.16mg (4.14%), Alcohol: 0g (100%), Protein: 3.52g (7.05%), Vitamin C: 12.3mg (14.91%), Vitamin A: 649.51IU (12.99%), Selenium: 5.73µg (8.19%), Folate: 25.1µg (6.28%), Phosphorus: 61.19mg (6.12%), Vitamin B2: 0.09mg (5.25%), Manganese: 0.1mg (5.13%), Vitamin B6: 0.1mg (4.96%), Potassium: 164.87mg (4.71%), Vitamin B3: 0.75mg (3.76%), Vitamin B1: 0.05mg (3.41%), Iron: 0.57mg (3.16%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.41mg (2.71%), Magnesium: 10.68mg (2.67%), Copper: 0.05mg (2.65%), Vitamin B12: 0.14µg (2.36%), Vitamin K: 1.88µg (1.79%), Calcium: 17.34mg (1.73%), Fiber: 0.39g (1.57%), Vitamin D: 0.24µg (1.57%), Vitamin E: 0.22mg (1.46%)