



 37%
HEALTH SCORE

Simple Poached Egg Dinner

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 package baby spinach fresh
- 4 slices bacon
- 4 large eggs
- 2 tablespoons olive oil
- 1 small onion sweet
- 2 servings salt and pepper
- 2 tablespoons vinegar

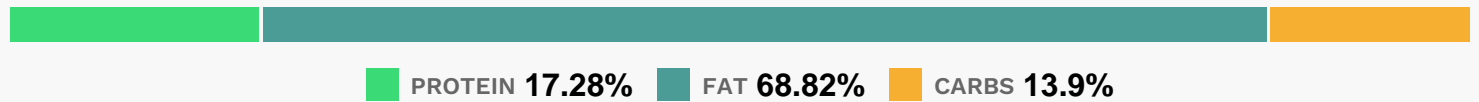
Equipment

tongs

Directions

- Add bacon to onions and saut for about 10 minutes or until the onions are translucent and the bacon is almost cooked. While bacon and onions are cooking bring about 3 inches of water to a boil and add the vinegar. Once boiling reduce heat to just barely simmer.
- Add the spinach and turn with tongs until completely wilted and mixed with the bacon and onions.
- Saute for 2 minutes; just until spinach is cooked. Do not overcook! Give the water a gentle stir and just after you add the spinach to the onions and bacon, drop the eggs in one at a time to poach. (first break the eggs into a cup) 3 minutes will give you medium firm egg; runny yolk and solid whites. Divide the spinach evenly between two dinner plates and top with two poached eggs.
- Sprinkle black lava salt (if you have another kind of salt like truffle salt, that is great too!) and fresh ground black pepper.
- Serve with a large chunk of toasted baguette.

Nutrition Facts



Properties

Glycemic Index: 41, Glycemic Load: 0.65, Inflammation Score: -10, Nutrition Score: 40.020434782609%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 10.95mg, Kaempferol: 10.95mg, Kaempferol: 10.95mg, Kaempferol: 10.95mg Myricetin: 2.38mg, Myricetin: 2.38mg, Myricetin: 2.38mg, Myricetin: 2.38mg Quercetin: 29.67mg, Quercetin: 29.67mg, Quercetin: 29.67mg, Quercetin: 29.67mg

Taste

Sweetness: 39.53%, Saltiness: 100%, Sourness: 11.37%, Bitterness: 13.34%, Savoriness: 66.01%, Fattiness: 92.45%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 538.74kcal (26.94%), Fat: 41.66g (64.09%), Saturated Fat: 11g (68.76%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 14.33g (5.21%), Sugar: 9.28g (10.31%), Cholesterol: 401.04mg (133.68%), Sodium: 753.09mg (32.74%), Protein: 23.54g (47.08%), Vitamin K: 695.08µg (661.99%), Vitamin A: 13873.28IU (277.47%), Folate: 360.55µg (90.14%), Manganese: 1.44mg (72.08%), Selenium: 41.87µg (59.82%), Vitamin C: 47.85mg (58%), Vitamin B2: 0.79mg (46.71%), Vitamin E: 6.17mg (41.14%), Vitamin B6: 0.78mg (38.95%), Phosphorus: 376.27mg (37.63%), Magnesium: 144.52mg (36.13%), Iron: 6.29mg (34.97%), Potassium: 1214.92mg (34.71%), Calcium: 233.1mg (23.31%), Vitamin B1: 0.34mg (22.67%), Vitamin B5: 2.03mg (20.32%), Zinc: 2.78mg (18.53%), Vitamin B12: 1.11µg (18.5%), Fiber: 4.61g (18.45%), Copper: 0.37mg (18.44%), Vitamin B3: 3.09mg (15.46%), Vitamin D: 2.18µg (14.51%)