



Suvir Saran's Warm Egg Salad on Croissants with Country Bacon and Arugula

 Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 16 leaves baby arugula
- ☐ 4 servings pepper black freshly ground
- ☐ 4 butter halved
- ☐ 8 large eggs at room temperature
- ☐ 4 servings kosher salt
- ☐ 0.3 cup mayonnaise homemade store-bought
- ☐ 8 strips bacon thick-cut

- ☐ 8 cups water
- ☐ 0.3 cup vinegar white

Equipment

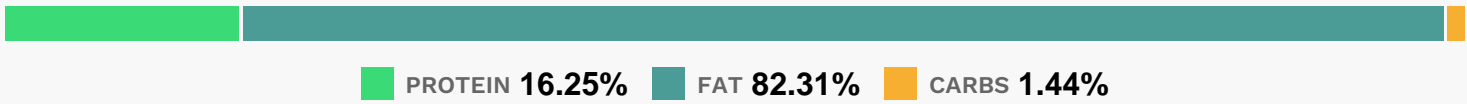
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ tongs

Directions

- ☐ Preheat the oven to 350°F.
- ☐ Lay the bacon on a rimmed baking sheet and cook in the oven for 10 to 20 minutes, depending on how crisp you like your bacon.
- ☐ Remove the pan from the oven and use tongs to transfer the bacon to a paper towel-lined plate to drain and cool. Set aside. Reduce the oven temperature to 200°F.
- ☐ Pour the water and vinegar into a large pot and bring to a boil over high heat. Reduce the heat to medium and use a slotted spoon to gently lower the eggs into the boiling water. Simmer the eggs (reduce the heat to medium-low if necessary) for exactly 12 minutes.
- ☐ While the eggs cook, set the croissants on a rimmed baking sheet and place them in the oven to warm (reassemble the croissants so they are whole—you don't want the interior to get toasty and hard).
- ☐ Transfer the cooked eggs to a sieve and place them under cold running water until they're cool enough to handle (you don't want the eggs to be cold—they need to be warm). Peel the eggs, place them in the bowl of a food processor, and purée until they're creamy.

- ☐
- Add the mayonnaise, season with salt and pepper, and continue to process until the mixture is well combined.
- ☐
- Divide the egg salad among the bottom halves of each croissant. Top each with 4 pieces of arugula and 2 pieces of bacon. Cover with the top halves of the croissants and eat immediately.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:15.762608657713%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol: 1.4mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 549.73kcal (27.49%), Fat: 49.4g (76%), Saturated Fat: 14.86g (92.87%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.54g (0.6%), Cholesterol: 427.55mg (142.52%), Sodium: 932.84mg (40.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.94g (43.89%), Selenium: 45.6µg (65.14%), Phosphorus: 307.74mg (30.77%), Vitamin B2: 0.52mg (30.7%), Vitamin K: 27.71µg (26.39%), Vitamin B12: 1.27µg (21.14%), Vitamin B5: 1.98mg (19.77%), Vitamin B6: 0.37mg (18.29%), Vitamin B1: 0.24mg (16.14%), Vitamin D: 2.32µg (15.44%), Vitamin B3: 2.98mg (14.92%), Zinc: 2.23mg (14.87%), Vitamin A: 696.2IU (13.92%), Folate: 51.63µg (12.91%), Vitamin E: 1.86mg (12.4%), Iron: 2.15mg (11.94%), Copper: 0.19mg (9.3%), Potassium: 300.05mg (8.57%), Calcium: 83.07mg (8.31%), Magnesium: 27.75mg (6.94%), Manganese: 0.07mg (3.59%)