



## Warm Chanterelle Salad with Speck and Poached Eggs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



322 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 11 cups boston lettuce
- ☐ 1 pound chanterelles fresh cleaned cut into 1/3-inch-thick slices
- ☐ 6 large eggs
- ☐ 3 garlic clove divided
- ☐ 3.5 ounces arugula
- ☐ 6 tablespoons olive oil divided
- ☐ 0.5 teaspoon salt

- ☐ 4 ounces speck trimmed
- ☐ 4 thyme sprigs fresh
- ☐ 6.8 inch frangelico
- ☐ 6.8 inch frangelico

## Equipment

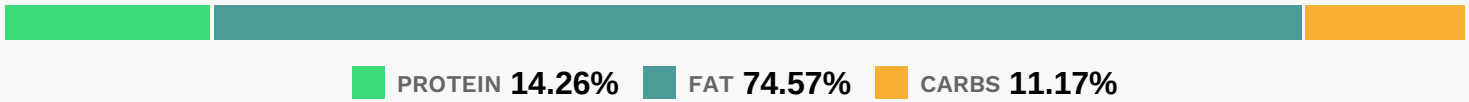
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ slotted spoon
- ☐ garlic press

## Directions

- ☐ Preheat oven to 500°F.
- ☐ Combine 4 tablespoonsoil and thyme in large bowl. Press 2 garliccloves into oil with garlic press; whisk toblend.
- ☐ Add chanterelles and toss to coat.
- ☐ Sprinkle with salt and pepper.
- ☐ Spray rimmed baking sheet with nonstickspray.
- ☐ Spread mushroom mixture on sheet.Roast mushrooms until tender, stirringoccasionally, about 6 minutes.
- ☐ Cut Speck crosswise into 1/4-inch-thickstrips.
- ☐ Heat 1 tablespoon oil in small skilletover medium-high heat.
- ☐ Add Speck; sautéuntil crisp, 4 minutes.
- ☐ Drain on paper towels.
- ☐ Toast ciabatta slices until golden; rubwith remaining garlic clove.

- ☐ Drizzle with 1tablespoon oil. Halve each slice lengthwise.
- ☐ Fill large skillet with water and bring toboil.
- ☐ Add 1/2 teaspoon salt. Crack eggs, 1 ata time, into custard cup, then slide egg fromcup into water; reduce heat to low. Poacheggs until whites are set and yolks are softlyset, 3 to 4 minutes.
- ☐ Meanwhile, toss lettuce and mâche withenough vinaigrette to coat. Mound salad on6 plates. Using slotted spoon, remove eggsfrom water, dab with paper towels to absorbexcess liquid, and place atop salads.
- ☐ Garnishwith mushrooms and Speck.
- ☐ Place ciabattafingers around salad and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:17.83, Glycemic Load:0.28, Inflammation Score:-10, Nutrition Score:24.280869483948%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 5.79mg, Kaempferol: 5.79mg, Kaempferol: 5.79mg, Kaempferol: 5.79mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

## Nutrients (% of daily need)

Calories: 321.76kcal (16.09%), Fat: 26.99g (41.52%), Saturated Fat: 6.06g (37.84%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 4.82g (1.75%), Sugar: 2.28g (2.53%), Cholesterol: 198.47mg (66.16%), Sodium: 406.35mg (17.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.61g (23.22%), Vitamin K: 120.4µg (114.67%), Vitamin A: 3737.23IU (74.74%), Vitamin D: 5.08µg (33.88%), Selenium: 21.63µg (30.89%), Iron: 5.18mg (28.75%), Vitamin B2: 0.48mg (28.36%), Folate: 108.31µg (27.08%), Manganese: 0.49mg (24.32%), Potassium: 778.4mg (22.24%), Vitamin B3: 4.29mg (21.43%), Phosphorus: 211.16mg (21.12%), Vitamin B5: 1.91mg (19.06%), Vitamin E: 2.86mg (19.06%), Copper: 0.35mg (17.32%), Fiber: 4.27g (17.08%), Vitamin B6: 0.28mg (13.83%), Zinc: 1.7mg (11.31%), Calcium: 104.5mg (10.45%), Magnesium: 39.23mg (9.81%), Vitamin B1: 0.15mg (9.76%), Vitamin B12: 0.54µg (8.99%), Vitamin C: 7.41mg (8.98%)