



## Warm Salad with Egg and Pancetta

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon herbs like: thym mixed dry such as rosemary, thyme, basil, savory, and mint
- 3.5 ounces pancetta sliced cut into strips
- 6 large eggs
- 1 serving salt and pepper freshly ground
- 4 cups the salad mixed
- 3 tablespoons the dressing

## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- In a large skillet, combine oil, herbs, and pancetta.
- Place over medium heat, and cook until pancetta is transparent, 2 to 3 minutes. Meanwhile, whisk eggs in a small bowl, and season with salt and pepper.
- Add eggs to the skillet and cook, stirring, with a heatproof rubber spatula, until scrambled. Be sure not to let them become too dry. If you see that they are becoming too dry, remove them from the heat and continue stirring.
- Place greens in a large bowl.
- Drizzle with the dressing and toss to combine.
- Add the scrambled eggs; toss to combine.
- Serve immediately.

## Nutrition Facts

**PROTEIN 16.22%** **FAT 77.83%** **CARBS 5.95%**

## Properties

Glycemic Index:17.5, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:11.428695648828%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 327.57kcal (16.38%), Fat: 28.15g (43.31%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.84g (1.76%), Sugar: 2.82g (3.14%), Cholesterol: 300.29mg (100.1%), Sodium: 431.72mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.4%), Selenium: 28.75µg (41.07%), Vitamin B2: 0.39mg (22.93%), Phosphorus: 205.14mg (20.51%), Vitamin A: 902.51IU (18.05%), Vitamin E: 2.28mg (15.17%), Vitamin K: 14.45µg (13.76%), Vitamin B5: 1.35mg (13.52%), Vitamin B12: 0.8µg (13.37%), Folate: 50.87µg (12.72%), Vitamin C: 9.44mg (11.44%), Vitamin B6: 0.23mg (11.35%), Vitamin D: 1.6µg (10.66%), Iron: 1.76mg (9.78%), Zinc:

1.37mg (9.12%), Vitamin B1: 0.11mg (7.65%), Potassium: 227.17mg (6.49%), Vitamin B3: 1.29mg (6.43%), Manganese: 0.1mg (5.07%), Calcium: 50.51mg (5.05%), Copper: 0.09mg (4.43%), Magnesium: 17.06mg (4.26%)