



 **16%**  
HEALTH SCORE

## Barnaby's Caesar Salad

READY IN



45 min.

SERVINGS



4

CALORIES



595 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon anchovy paste
- 0.5 loaf bread crumbs italian good
- 1 juice of lemon
- 1 cup olive oil
- 1.5 cups parmesan
- 4 servings pepper fresh black to taste
- 1 large head the of 1 cos lettuce chopped

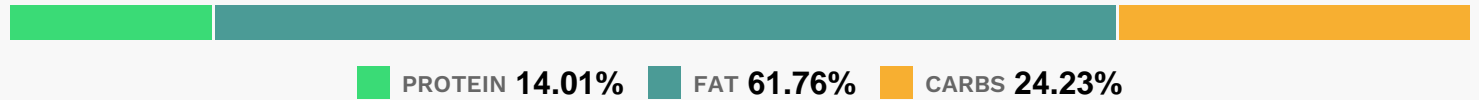
### Equipment

- bowl
- blender

## Directions

- Combine lemon juice and anchovy paste in a blender. Start blender and drizzle olive into mixture until it thickens.
- Cut bread into 1 inch cubes and toast until brown. The trick here is to have it crispy on the outside and soft on the inside.
- Combine lettuce and bread cubes in a salad bowl and cover with Parmigiano Reggiano (Parmesan) cheese.
- Pour dressing over top and toss.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:24.37%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

## Nutrients (% of daily need)

Calories: 595.35kcal (29.77%), Fat: 41.35g (63.62%), Saturated Fat: 18.67g (116.68%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 31.18g (11.34%), Sugar: 19.85g (22.05%), Cholesterol: 28.9mg (9.63%), Sodium: 970.46mg (42.19%), Protein: 21.1g (42.22%), Vitamin A: 13926.62IU (278.53%), Vitamin K: 168.2µg (160.19%), Folate: 253.18µg (63.29%), Calcium: 505.93mg (50.59%), Phosphorus: 338.99mg (33.9%), Fiber: 5.32g (21.26%), Vitamin B3: 3.94mg (19.72%), Iron: 3.28mg (18.2%), Vitamin B2: 0.3mg (17.42%), Selenium: 11.8µg (16.86%), Potassium: 574.85mg (16.42%), Vitamin B1: 0.21mg (14.11%), Manganese: 0.27mg (13.39%), Vitamin E: 1.99mg (13.24%), Magnesium: 51.42mg (12.85%), Vitamin C: 9.16mg (11.11%), Zinc: 1.61mg (10.71%), Vitamin B12: 0.49µg (8.09%), Vitamin B6: 0.16mg (8.09%), Copper: 0.1mg (5.16%), Vitamin B5: 0.44mg (4.4%), Vitamin D: 0.26µg (1.7%)