



Basil Caesar Salad

READY IN



30 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon anchovy paste
- ☐ 10 inch baguette cut into 1-inch pieces
- ☐ 1 cup basil leaves coarsely chopped
- ☐ 1 large eggs
- ☐ 0.5 cup flat-leaf parsley coarsely chopped
- ☐ 1 garlic clove
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin divided
- ☐ 1 cup coarsely parmigiano-reggiano grated

☐ 1 pound baby greens washed separated halved well

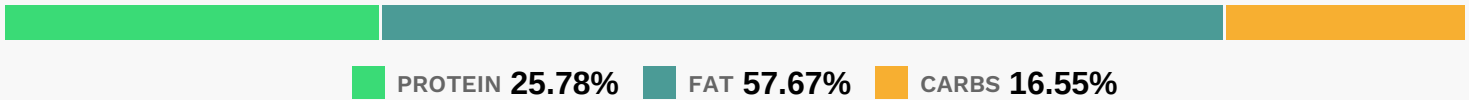
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Toss bread with 2 tablespoons oil and 1/4 teaspoon each of salt and pepper in a large 4-sided sheet pan, then spread out in 1 layer. Toast in oven, stirring halfway through, until golden, 12 to 15 minutes.
- ☐ Meanwhile, with motor running, drop garlic into a food processor and finely chop.
- ☐ Add egg, lemon juice, anchovy paste, and 1/2 teaspoon pepper and pulse until combined. With motor running, add remaining 6 tablespoons oil in a slow stream, blending until emulsified.
- ☐ Add herbs and blend until dressing turns green and herbs are finely chopped.
- ☐ Toss romaine with dressing, croutons, and half of cheese in a large bowl.
- ☐ Sprinkle with remaining cheese.
- ☐ The egg in this recipe is not cooked.

Nutrition Facts



Properties

Glycemic Index:38.46, Glycemic Load:1.67, Inflammation Score:-10, Nutrition Score:17.406956610472%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Kaempferol: 0.09mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 143.06kcal (7.15%), Fat: 9.38g (14.43%), Saturated Fat: 3.61g (22.59%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 4.12g (1.5%), Sugar: 1.45g (1.61%), Cholesterol: 44.6mg (14.87%), Sodium: 412.08mg (17.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.87%), Vitamin K: 179.02µg (170.5%), Vitamin A: 7393.43IU (147.87%), Folate: 124.11µg (31.03%), Calcium: 252.8mg (25.28%), Phosphorus: 171.89mg (17.19%), Vitamin C: 12.48mg (15.13%), Selenium: 9.25µg (13.21%), Manganese: 0.21mg (10.4%), Vitamin B2: 0.18mg (10.39%), Iron: 1.75mg (9.75%), Potassium: 280.01mg (8%), Fiber: 1.93g (7.72%), Magnesium: 27.34mg (6.84%), Vitamin B1: 0.1mg (6.59%), Zinc: 0.93mg (6.22%), Vitamin E: 0.92mg (6.13%), Vitamin B6: 0.11mg (5.71%), Vitamin B3: 1.12mg (5.6%), Vitamin B12: 0.3µg (4.96%), Copper: 0.09mg (4.35%), Vitamin B5: 0.39mg (3.89%), Vitamin D: 0.3µg (1.97%)