



# Bitter Caesar Salad

READY IN

ready

15 min.

SERVINGS

servings

4

CALORIES

calories

389 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 1 cup croutons store-bought cubed toasted
- ☐ 2 teaspoons dijon mustard
- ☐ 2 small heads head escarole coarsely chopped
- ☐ 1 clove garlic minced grated
- ☐ 1 optional: lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings coarse pepper black
- ☐ 0.5 cup romano cheese grated

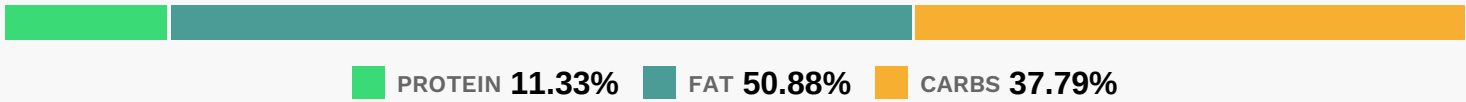
- ☐ 1 teaspoon worcestershire sauce
- ☐ 1 head treviso coarsely chopped (long leaf radicchio)

## Equipment

## Directions

- ☐ Combine the anchovy paste, mustard, garlic, Worcestershire and lemon juice, stream in olive oil to form dressing then stir in cheese and lots of black pepper.
- ☐ Add lettuce and croutons or cubed toasted bread and toss to combine.

## Nutrition Facts



## Properties

Glycemic Index:61.38, Glycemic Load:16.2, Inflammation Score:-7, Nutrition Score:19.637391554273%

## Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 27.12mg, Luteolin: 27.12mg, Luteolin: 27.12mg, Luteolin: 27.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 22.38mg, Quercetin: 22.38mg, Quercetin: 22.38mg, Quercetin: 22.38mg

## Nutrients (% of daily need)

Calories: 389.01kcal (19.45%), Fat: 22.3g (34.31%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 34.08g (12.39%), Sugar: 1.38g (1.53%), Cholesterol: 14.27mg (4.76%), Sodium: 269.02mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.17g (22.34%), Vitamin K: 191.18µg (182.07%), Selenium: 41.87µg (59.81%), Folate: 123.49µg (30.87%), Vitamin E: 4.42mg (29.44%), Vitamin B1: 0.37mg (24.94%), Vitamin C: 20.38mg (24.7%), Manganese: 0.41mg (20.25%), Phosphorus: 192.93mg (19.29%), Vitamin B2: 0.32mg (18.83%), Copper: 0.35mg (17.27%), Calcium: 169.32mg (16.93%), Iron: 2.79mg (15.52%), Vitamin B3: 3.05mg (15.24%), Fiber: 3.18g (12.71%), Potassium: 367.06mg (10.49%), Magnesium: 38.87mg (9.72%), Zinc: 1.28mg (8.54%), Vitamin B6: 0.13mg (6.48%), Vitamin B5: 0.57mg (5.66%), Vitamin B12: 0.15µg (2.55%), Vitamin A: 91.72IU (1.83%)