



Caesar Pasta Salad

READY IN



25 min.

SERVINGS



4

CALORIES



593 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 9 anchovy chopped
- ☐ 1 cup cherry tomatoes halved
- ☐ 4 servings basil fresh chopped
- ☐ 1.5 cloves garlic chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 10 cup curly leaf lettuce green chopped
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup parmesan grated

- ☐ 12 ounces soup noodles such as fusilli
- ☐ 4 servings salt

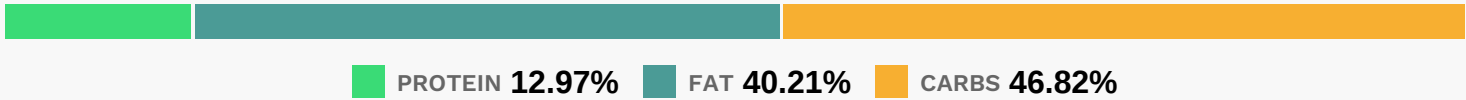
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Bring a large pot of salted water to a boil. Cook pasta until just tender, about 10 minutes, or as package label directs.
- ☐ While pasta is cooking, combine garlic, anchovies, lemon juice, mayonnaise, olive oil and 3/4 tsp. salt in a blender and blend until smooth.
- ☐ Drain pasta. Toss with half of dressing and tomatoes.
- ☐ Let stand for 10 minutes. Toss with Parmesan.
- ☐ Toss lettuce with remaining dressing and divide among 4 shallow bowls. Spoon pasta salad over lettuce, sprinkle with basil, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:25.79, Inflammation Score:-10, Nutrition Score:26.868695686693%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 592.76kcal (29.64%), Fat: 26.53g (40.82%), Saturated Fat: 5.53g (34.53%), Carbohydrates: 69.52g (23.17%), Net Carbohydrates: 65.27g (23.73%), Sugar: 4.46g (4.96%), Cholesterol: 18.31mg (6.1%), Sodium: 505.17mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.26g (38.51%), Vitamin K: 148.31µg (141.25%), Vitamin A: 7062.12IU (141.24%), Selenium: 61µg (87.14%), Manganese: 1.1mg (54.88%), Phosphorus: 305.95mg (30.59%), Vitamin C: 23.39mg (28.35%), Calcium: 223.17mg (22.32%), Vitamin E: 2.91mg (19.38%), Magnesium: 71.9mg (17.98%), Fiber: 4.25g (17.01%), Copper: 0.34mg (16.92%), Vitamin B3: 3.32mg (16.59%), Folate: 61.01µg (15.25%), Iron: 2.72mg (15.12%), Potassium: 519.83mg (14.85%), Vitamin B6: 0.28mg (14.02%), Zinc: 1.97mg (13.1%), Vitamin B2: 0.2mg (11.93%), Vitamin B1: 0.17mg (11.36%), Vitamin B5: 0.7mg (6.99%), Vitamin B12: 0.22µg (3.64%)