



Caesar Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 fillet anchovy
- ☐ 5.5 ounce croutons caesar-style
- ☐ 1 tablespoon dijon mustard
- ☐ 4 garlic cloves minced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup olive oil
- ☐ 1 cup freshly parmesan cheese shredded
- ☐ 0.5 teaspoon pepper

- ☐ 0.3 cup red wine vinegar
- ☐ 20 ounce hearts of romaine lettuce chopped

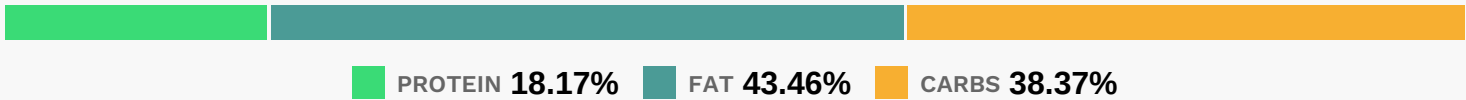
Equipment

- ☐ food processor

Directions

- ☐ Process first 7 ingredients in a food processor until smooth.
- ☐ Add Parmesan; process until blended. Toss with lettuce. Top with croutons.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:9.87, Inflammation Score:-10, Nutrition Score:15.69869555209%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 185.63kcal (9.28%), Fat: 9g (13.85%), Saturated Fat: 2.98g (18.62%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 15.25g (5.55%), Sugar: 1.03g (1.15%), Cholesterol: 10.3mg (3.43%), Sodium: 366.68mg (15.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.94%), Vitamin A: 6274.5IU (125.49%), Vitamin K: 75.56µg (71.96%), Folate: 123.83µg (30.96%), Calcium: 195.66mg (19.57%), Selenium: 12.36µg (17.65%), Phosphorus: 140.91mg (14.09%), Manganese: 0.26mg (13.22%), Vitamin B1: 0.19mg (12.41%), Fiber: 2.63g (10.53%), Iron: 1.81mg (10.04%), Vitamin B2: 0.15mg (9%), Vitamin B3: 1.76mg (8.8%), Potassium: 237.59mg (6.79%), Magnesium: 24.59mg (6.15%), Zinc: 0.77mg (5.11%), Vitamin C: 4.07mg (4.94%), Vitamin E: 0.73mg (4.88%), Vitamin B6: 0.09mg (4.71%), Copper: 0.08mg (4.24%), Vitamin B12: 0.17µg (2.81%), Vitamin B5: 0.28mg (2.79%)