

Caesar Salad

READY IN



20 min.

SERVINGS



4

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 fillet anchovy whole
- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 loaf top french
- ☐ 2 tablespoons dijon mustard (and up to 3 tablespoons)
- ☐ 2 cloves garlic fresh peeled
- ☐ 0.5 juice of lemon whole juiced
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan freshly grated

- ☐ 4 servings parmesan wedge fresh
- ☐ 4 servings hearts of romaine lettuce
- ☐ 1 dash salt
- ☐ 4 servings salt
- ☐ 1 teaspoon worcestershire sauce

Equipment

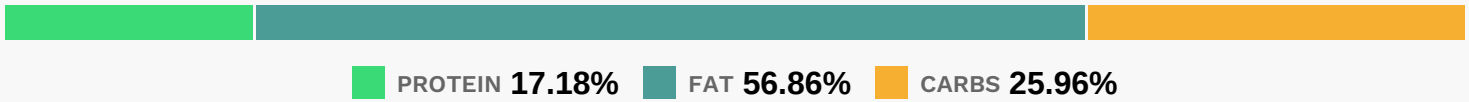
- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the anchovies into a blender or food processor. Throw in the Dijon mustard, vinegar, Worcestershire, garlic and lemon juice. Pulse the processor or blend on low speed for several seconds. Scrape down the sides.
- ☐ With the food processor or blender on, drizzle the olive oil into the mixture in a small stream. Scrape down the sides.
- ☐ Add the Parmesan, salt and a generous grind of black pepper. Pulse the whole thing together and mix until thoroughly combined. Refrigerate the dressing for a few hours (it just gets better!) before using it on the salad.
- ☐ For the croutons: Slice the bread into thick slices and cut them into 1-inch cubes. Throw them onto a baking sheet.
- ☐ Heat the olive oil in a small saucepan or skillet over low heat.
- ☐ Crush—but don't chop—the garlic and add them to the oil. Use a spoon to move the garlic around in the pan. After 3 to 5 minutes, turn off the heat and remove the garlic from the pan.
- ☐ Slowly drizzle the olive oil over the bread cubes.

- ☐ Mix together with your hands, and then sprinkle lightly with salt. Toss and cook in the pan until golden brown and crisp. (
- ☐ Add a little butter for more flavor!)
- ☐ For the salad: Wash and dry the hearts of romaine lettuce. Leave them whole. Use a vegetable peeler and shave off large, thin slices of Parmesan.
- ☐ Drizzle about half of the dressing over the top of the hearts. Throw in a good handful of the Parmesan shavings. Give it a good initial toss, just so you can evaluate how much more dressing you need.
- ☐ Add more dressing and Parmesan to taste.
- ☐ Add the cooled croutons. Toss gently.

Nutrition Facts



Properties

Glycemic Index:57.13, Glycemic Load:20.5, Inflammation Score:-10, Nutrition Score:24.301304257434%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg 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: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 471.7kcal (23.58%), Fat: 30.16g (46.39%), Saturated Fat: 8.92g (55.77%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 27.99g (10.18%), Sugar: 3.82g (4.25%), Cholesterol: 27.05mg (9.02%), Sodium: 1197.82mg (52.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.5g (40.99%), Vitamin A: 6563.73IU (131.27%), Vitamin K: 86.46µg (82.35%), Calcium: 494.87mg (49.49%), Folate: 163.77µg (40.94%), Selenium: 26.98µg (38.55%), Phosphorus: 344.39mg (34.44%), Vitamin B1: 0.44mg (29.49%), Vitamin B2: 0.4mg (23.62%), Manganese: 0.45mg (22.69%), Vitamin E: 3.06mg (20.39%), Iron: 3.43mg (19.03%), Vitamin B3: 3.36mg (16.81%), Zinc: 1.82mg (12.15%), Magnesium: 48.24mg (12.06%), Fiber: 3g (12.01%), Potassium: 319.7mg (9.13%), Vitamin B6: 0.17mg (8.56%), Vitamin B12: 0.46µg (7.66%), Copper: 0.15mg (7.29%), Vitamin C: 5.02mg (6.09%), Vitamin B5: 0.5mg (4.97%), Vitamin D: 0.18µg (1.21%)