



Caesar Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings coddled egg (1-minute)
- ☐ 0.5 cup garlic infused olive oil
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 leaves romaine lettuce dried washed cold
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 teaspoon worcestershire sauce

Equipment

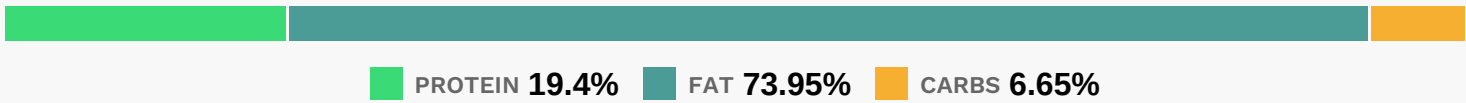
- ☐ bowl

☐ blender

Directions

- ☐ Crack the egg and separate the yolk from the white. Discard the egg white.
- ☐ Put the egg yolk in a blender, turn on high speed and pour in the garlic infused olive oil in a slow steady stream. Turn the speed to low and add the lemon juice and Worcestershire sauce. Season with salt and pepper, to taste. Buzz once and pour the mixture into a large salad bowl.
- ☐ Put the ice cold romaine on top of the dressing and toss. Enjoy!

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:6.1260868738527%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 116.61kcal (5.83%), Fat: 9.65g (14.84%), Saturated Fat: 2.13g (13.33%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.78g (0.87%), Cholesterol: 163.68mg (54.56%), Sodium: 82.82mg (3.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Selenium: 13.56µg (19.38%), Vitamin A: 849.95IU (17%), Vitamin B2: 0.21mg (12.36%), Vitamin K: 10.74µg (10.23%), Phosphorus: 91.5mg (9.15%), Vitamin E: 1.27mg (8.49%), Folate: 33.39µg (8.35%), Vitamin C: 6.38mg (7.73%), Vitamin B5: 0.71mg (7.06%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Iron: 0.97mg (5.39%), Vitamin B6: 0.09mg (4.36%), Zinc: 0.6mg (3.97%), Potassium: 107.1mg (3.06%), Calcium: 29.97mg (3%), Copper: 0.04mg (2.09%), Magnesium: 7.54mg (1.89%), Manganese: 0.04mg (1.89%), Vitamin B1: 0.03mg (1.83%)