

Caesar Salad

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings sea salt
- ☐ 2 eggs
- ☐ 2 large to 3 garlic cloves minced to taste
- ☐ 1 juice of lemon juiced
- ☐ 6 tablespoons olive oil extra-virgin divided
- ☐ 0.3 cup parmesan freshly grated
- ☐ 6 servings peppercorn mill black
- ☐ 8 ounces potatoes diced boiling unpeeled

- ☐ 1 Leaves from 4 to 6 heads baby romaine lettuce
- ☐ 1 pinch salt plus more, if needed
- ☐ 6 servings drops worcestershire sauce

Equipment

- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Get a freezer bag, put in the potatoes unpeeled but diced, about 1/2-inch square, maybe slightly smaller sometimes, throw chopped garlic after them and then add 2 tablespoons olive oil. (When I'm in a hurry, I forget the garlic and use garlic-infused oil instead.) I shake the bag about so that the oil disperses and covers all the cubes of potato. Empty them onto a baking pan, and then roast them for 45 minutes to 1 hour in the preheated oven. When they're glistening brown, I lay them on some paper towels and sprinkle with coarse sea salt. You don't want them to go on the salad when searingly hot, so cool on some paper towels for about 10 minutes.
- ☐ Put some water on for the eggs, put a matchstick into the pot (this stops the white from flowing out if the shell cracks), and then, when boiling, lower in the eggs and boil for exactly 1 minute.
- ☐ Remove and set aside.
- ☐ Tear the romaine leaves into edible sizes and toss with the remaining 3 to 4 tablespoons olive oil to coat well but lightly.
- ☐ Sprinkle over the salt and several grinds of pepper and toss again. Shake over about 6 drops of Worcestershire sauce, drizzle over the lemon juice, break in the eggs, and toss to blend. Correct the seasoning. Toss with the cheese and then with the potato croutons at the very last minute, as you bring it to the table – no sooner, or the salad will wilt.

Nutrition Facts



 **PROTEIN 9.42%**  **FAT 74.95%**  **CARBS 15.63%**

Properties

Glycemic Index:14.83, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:6.3156522356946%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 199.63kcal (9.98%), Fat: 16.95g (26.07%), Saturated Fat: 3.33g (20.84%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.93g (2.52%), Sugar: 0.88g (0.98%), Cholesterol: 58.34mg (19.45%), Sodium: 330.95mg (14.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin K: 16.11µg (15.34%), Vitamin E: 2.21mg (14.74%), Vitamin A: 538.35IU (10.77%), Manganese: 0.21mg (10.56%), Phosphorus: 96.16mg (9.62%), Selenium: 6.16µg (8.8%), Calcium: 87.19mg (8.72%), Vitamin C: 5.81mg (7.05%), Potassium: 239.5mg (6.84%), Vitamin B2: 0.11mg (6.19%), Vitamin B6: 0.12mg (5.77%), Folate: 21.71µg (5.43%), Iron: 0.87mg (4.86%), Copper: 0.08mg (4.22%), Fiber: 1.03g (4.12%), Vitamin B5: 0.39mg (3.89%), Magnesium: 15.57mg (3.89%), Zinc: 0.51mg (3.37%), Vitamin B12: 0.2µg (3.29%), Vitamin B1: 0.05mg (3.13%), Vitamin B3: 0.5mg (2.52%), Vitamin D: 0.32µg (2.14%)