



Caesar Salad

READY IN



30 min.

SERVINGS



6

CALORIES



534 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 anchovies white
- ☐ 18 anchovies white
- ☐ 2 cups loosely torn country bread ()
- ☐ 1.3 cups canola oil
- ☐ 1 tablespoon dijon mustard
- ☐ 1 egg yolk
- ☐ 2 tablespoons parsley fresh finely minced
- ☐ 6 servings kosher salt and cracked pepper fresh
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 0.3 cup parmigiano-reggiano finely grated
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- ☐ 6 servings block pecorino romano cheese
- ☐ 2 tablespoons roasted garlic
- ☐ 30 large leaves from the hearts of romaine lettuce whole
- ☐ 2 tablespoons sherry vinegar

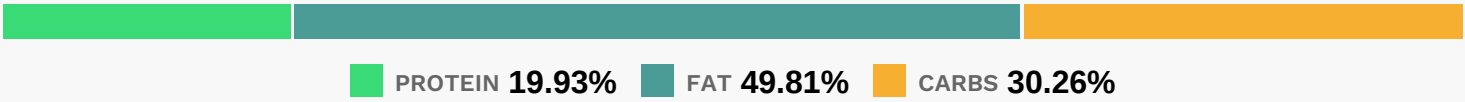
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the olive oil over medium-high heat in saute or frying pan. Once it is hot but not smoking, add the bread pieces and stir until the bread has been evenly toasted and is golden brown. Season with salt and pepper.
- ☐ Place the croutons in a bowl with a lining of paper towel to drain the oil. Immediately toss the cheese into the croutons, followed by the parsley. Store at room temperature.
- ☐ Combine the cheese, roasted garlic, vinegar, mustard, anchovies and egg yolk in a food processor. Blend until a smooth paste has been formed. If necessary, add 2 tablespoons water to ensure it is a smooth paste, and not clumpy. With the machine running, emulsify the oil into the paste in a steady stream.
- ☐ Add more water or vinegar as necessary, depending on how loose or acidic you prefer the dressing.
- ☐ Place the lettuce leaves onto a serving platter and drizzle the dressing on top. Season with salt and pepper. Using a peeler, shave large pieces of the Pecorino cheese over the lettuces, followed by the croutons and anchovies if using.

Nutrition Facts



Properties

Glycemic Index:38.94, Glycemic Load:20.8, Inflammation Score:-7, Nutrition Score:22.212173793627%

Flavonoids

Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 533.91kcal (26.7%), Fat: 29.51g (45.4%), Saturated Fat: 9.42g (58.89%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 36.87g (13.41%), Sugar: 4.99g (5.54%), Cholesterol: 81.7mg (27.23%), Sodium: 1174.71mg (51.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.56g (53.12%), Calcium: 603.52mg (60.35%), Selenium: 38.65µg (55.21%), Manganese: 1.03mg (51.45%), Phosphorus: 465.48mg (46.55%), Vitamin K: 40.67µg (38.73%), Vitamin B3: 6.78mg (33.88%), Vitamin B1: 0.37mg (24.6%), Vitamin B2: 0.42mg (24.55%), Iron: 4.03mg (22.42%), Folate: 84.91µg (21.23%), Vitamin E: 2.59mg (17.29%), Vitamin A: 824.8IU (16.5%), Zinc: 2.36mg (15.71%), Magnesium: 60.28mg (15.07%), Fiber: 3.47g (13.87%), Vitamin B12: 0.64µg (10.73%), Vitamin B5: 1.06mg (10.59%), Vitamin B6: 0.2mg (9.87%), Copper: 0.18mg (9.03%), Potassium: 249.25mg (7.12%), Vitamin C: 3mg (3.63%), Vitamin D: 0.37µg (2.5%)