

Caesar Salad

READY IN



19 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 fillet anchovy finely chopped
- ☐ 1 cup bread cut in 1/2-inch cubes
- ☐ 1 tablespoon capers finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 egg yolk
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup heavy cream
- ☐ 6 servings kosher salt

- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup parmesan shaved
- ☐ 1 tablespoon red wine vinegar
- ☐ 3 hearts romaine lettuce
- ☐ 0.8 cup vegetable oil

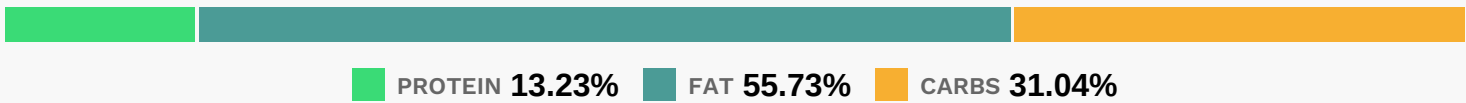
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large skillet heat the olive oil over medium heat.
- ☐ Add the garlic and bread cubes, tossing well to coat with oil. Toast in the skillet for 7 minutes until golden.
- ☐ Tear the romaine hearts into bite size pieces. Toss with the Caesar Dressing making sure to coat all the leaves generously.
- ☐ Garnish with shaved Parmesan and the garlic croutons.
- ☐ In a medium bowl mix together the anchovy fillets, capers, mustard, egg yolk, and garlic. While whisking vigorously add the vegetable oil in a slow, steady stream.
- ☐ Whisk in the red wine vinegar and lemon juice. Stir in the heavy cream and season, to taste, with the salt.
- ☐ Will keep for several days stored in the refrigerator in an airtight container.

Nutrition Facts



Properties

Glycemic Index:29.61, Glycemic Load:10.21, Inflammation Score:-8, Nutrition Score:10.981739116752%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 261.86kcal (13.09%), Fat: 16.34g (25.14%), Saturated Fat: 5.41g (33.78%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 18.43g (6.7%), Sugar: 2.91g (3.23%), Cholesterol: 50.47mg (16.82%), Sodium: 585.94mg (25.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.73g (17.46%), Vitamin A: 1479.14IU (29.58%), Vitamin K: 28.57µg (27.21%), Manganese: 0.52mg (26.12%), Selenium: 16.97µg (24.24%), Calcium: 169.84mg (16.98%), Folate: 59.1µg (14.78%), Phosphorus: 138.21mg (13.82%), Vitamin B3: 2.59mg (12.94%), Vitamin B1: 0.19mg (12.72%), Vitamin B2: 0.18mg (10.63%), Iron: 1.88mg (10.47%), Fiber: 2.04g (8.18%), Vitamin E: 1.1mg (7.32%), Magnesium: 25.54mg (6.39%), Zinc: 0.83mg (5.53%), Vitamin B5: 0.52mg (5.24%), Vitamin B6: 0.09mg (4.55%), Copper: 0.09mg (4.26%), Potassium: 129.1mg (3.69%), Vitamin B12: 0.19µg (3.11%), Vitamin D: 0.36µg (2.42%), Vitamin C: 1.98mg (2.4%)