

food
network



HEALTH SCORE

56%

Caesar Salad



Gluten Free

READY IN

**20 min.**

SERVINGS

**4**

CALORIES

**200 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup garlic-flavored olive oil divided as needed plus more
- ☐ 0.5 cup parmesan divided grated plus more as desired
- ☐ 4 ounces pizza crust frozen thawed
- ☐ 1 medium head the of 1 cos lettuce dried rinsed chopped

Equipment

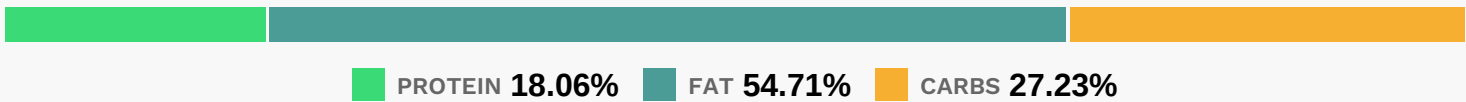
- ☐ bowl

- ☐ frying pan
- ☐ sieve
- ☐ slotted spoon
- ☐ kitchen scissors
- ☐ tongs

Directions

- ☐ Put 1/4 cup of oil in a medium skillet over medium-high heat and heat until hot but not smoking.
- ☐ Add 1/4 cup of the cheese to a medium bowl and set aside.
- ☐ Brush a work surface with a little oil and press the dough into a rectangle about 1/4-inch thick.
- ☐ Cut the dough into thin strips, about 1/4-inch wide. When the oil is hot, using kitchen scissors, carefully hold the dough strips, 2 at a time, over the pan and snip off 1/4-inch pieces, letting them gently fall into the hot oil (this may take several batches). Shallow-fry the dough pieces, tossing frequently with a slotted spoon, Chinese strainer or tongs, until golden brown, 3 to 4 minutes.
- ☐ Transfer the croutons to the bowl with the cheese and toss to coat. Continue frying and dredging the dough in the cheese until all the dough is used.
- ☐ When ready to serve, add the romaine to a large bowl, drizzle with lemon juice and add the remaining 1/4 cup oil. Season with salt and pepper, to taste and toss well to evenly coat the lettuce.
- ☐ Add the remaining 1/4 cup of cheese and the croutons and toss well until combined.
- ☐ Transfer to a serving platter and top with additional cheese, if desired.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:20.076521879953%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 200.39kcal (10.02%), Fat: 12.59g (19.37%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 10.15g (3.69%), Sugar: 3.07g (3.41%), Cholesterol: 12.47mg (4.16%), Sodium: 339.66mg (14.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.71%), Vitamin A: 13826.5IU (276.53%), Vitamin K: 165.91µg (158.01%), Folate: 225.25µg (56.31%), Calcium: 251.11mg (25.11%), Phosphorus: 184.9mg (18.49%), Manganese: 0.34mg (17.04%), Fiber: 3.95g (15.79%), Selenium: 9.54µg (13.63%), Vitamin B2: 0.22mg (12.96%), Iron: 2.31mg (12.82%), Potassium: 446.39mg (12.75%), Vitamin B1: 0.18mg (11.89%), Vitamin C: 8.05mg (9.76%), Vitamin E: 1.3mg (8.68%), Magnesium: 34.33mg (8.58%), Vitamin B6: 0.15mg (7.64%), Copper: 0.15mg (7.27%), Zinc: 1.08mg (7.21%), Vitamin B12: 0.37µg (6.19%), Vitamin B3: 1.15mg (5.75%), Vitamin B5: 0.35mg (3.47%)