



HEALTH SCORE

58%

Caesar Salad



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 fillet anchovy
- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 2 egg yolks
- ☐ 1 clove garlic with a pinch of salt and a little olive oil smashed
- ☐ 2 juice of lemon juiced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 0.3 cup parmesan freshly grated for garnish

- ☐ 2 heads romaine lettuce
- ☐ 2 tablespoons water

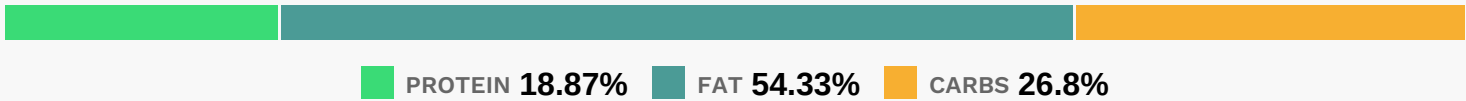
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Make the dressing: Smear the garlic paste over the inside of the salad bowl.
- ☐ Put the anchovies, egg yolks, mustard, lemon juice, and water into a blender and process for 30 seconds until the mixture is smooth. With the blender running, pour the olive oil in slowly for the dressing to emulsify. Stir in the Parmesan, a pinch of salt and a couple of grinds of black pepper; set aside. (Refrigerate the dressing if you will not be using it right away.)
- ☐ Assemble the salad: Tear the lettuce into a large bowl.
- ☐ Add enough dressing to coat the salad to your liking.
- ☐ Add some extra Parmesan and toss the salad well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.06, Inflammation Score:-10, Nutrition Score:20.177826103957%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 111.89kcal (5.59%), Fat: 7.3g (11.23%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 3.56g (1.29%), Sugar: 2.84g (3.15%), Cholesterol: 69.23mg (23.08%), Sodium: 117.04mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.41%), Vitamin A: 18298.18IU (365.96%), Vitamin K: 216.47µg (206.16%), Folate: 295.27µg (73.82%), Fiber: 4.54g (18.18%), Manganese: 0.35mg (17.69%), Potassium: 551.41mg (15.75%), Vitamin C: 12.23mg (14.82%), Calcium: 132.66mg (13.27%), Iron: 2.39mg (13.26%), Phosphorus: 123.21mg (12.32%), Vitamin B2: 0.2mg (11.5%), Vitamin B1: 0.17mg (11.41%), Selenium: 6.97µg (9.96%), Vitamin B6: 0.19mg (9.48%), Magnesium: 34.46mg (8.62%), Vitamin E: 1.02mg (6.78%), Copper: 0.12mg (5.87%), Vitamin B5: 0.53mg (5.34%), Zinc: 0.8mg (5.34%), Vitamin B3: 1.06mg (5.32%), Vitamin B12: 0.18µg (3.06%), Vitamin D: 0.34µg (2.3%)