



Caesar Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup vegetable oil
- 3 tablespoons juice of lemon
- 2 teaspoons anchovy paste
- 1 teaspoon worcestershire sauce
- 0.3 teaspoon salt
- 0.3 teaspoon ground mustard
- 1 garlic clove finely chopped
- 10 cups the of 1 cos lettuce

- 1 cup croutons
- 0.3 cup parmesan cheese grated
- 1 serving pepper freshly ground

Equipment

- bowl

Directions

- Mix oil, lemon juice, anchovy paste, Worcestershire sauce, salt, mustard and garlic in salad bowl.
- Add romaine; toss until coated.
- Sprinkle with croutons, cheese and pepper; toss.

Nutrition Facts

■ PROTEIN **8.72%** ■ FAT **73.55%** ■ CARBS **17.73%**

Properties

Glycemic Index:22.33, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:14.399130584105%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 171.95kcal (8.6%), Fat: 14.48g (22.27%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 7.85g (2.62%), Net Carbohydrates: 5.9g (2.15%), Sugar: 1.24g (1.37%), Cholesterol: 6.53mg (2.18%), Sodium: 321.86mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin A: 6873.09IU (137.46%), Vitamin K: 102.95µg (98.05%), Folate: 115.46µg (28.86%), Calcium: 86.18mg (8.62%), Manganese: 0.17mg (8.34%), Selenium: 5.75µg (8.22%), Vitamin E: 1.2mg (8.03%), Fiber: 1.95g (7.79%), Vitamin C: 6.33mg (7.67%), Phosphorus: 72.19mg (7.22%), Potassium: 239.37mg (6.84%), Iron: 1.16mg (6.45%), Vitamin B1: 0.09mg (6.32%), Vitamin B2: 0.1mg (5.63%), Vitamin B3: 0.94mg (4.7%), Magnesium: 16.89mg (4.22%), Vitamin B6: 0.08mg (3.89%), Zinc: 0.53mg (3.54%), Copper: 0.06mg (3.01%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.09µg (1.54%)