



Caesar Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 1 cup garlic
- ☐ 1 garlic clove finely chopped
- ☐ 0.3 teaspoon ground mustard
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 servings pepper freshly ground
- ☐ 10 cups the of 1 cos lettuce

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 1 teaspoon worcestershire sauce

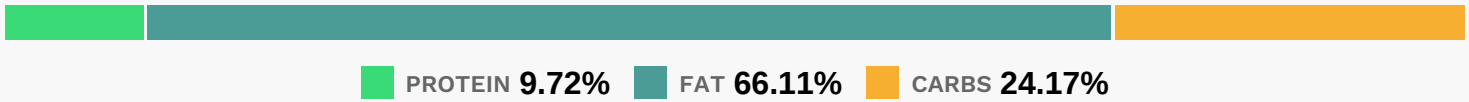
Equipment

- ☐ 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



Properties

Glycemic Index:15.33, Glycemic Load:2.17, Inflammation Score:-10, Nutrition Score:17.042608775522%

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: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

Nutrients (% of daily need)

Calories: 185.58kcal (9.28%), Fat: 14.26g (21.94%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 9.54g (3.47%), Sugar: 1.46g (1.63%), Cholesterol: 6.53mg (2.18%), Sodium: 290.83mg (12.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.44%), Vitamin A: 6875.59IU (137.51%), Vitamin K: 103.47µg (98.55%), Folate: 109.55µg (27.39%), Manganese: 0.53mg (26.57%), Vitamin B6: 0.36mg (17.89%), Vitamin C: 13.4mg (16.24%), Calcium: 123.78mg (12.38%), Selenium: 7.1µg (10.14%), Phosphorus: 101.26mg (10.13%), Potassium: 325.17mg (9.29%), Fiber: 2.19g (8.76%), Vitamin E: 1.22mg (8.16%), Iron: 1.35mg (7.5%), Vitamin B1: 0.11mg (7.27%), Vitamin B2: 0.11mg (6.31%), Copper: 0.12mg (6.05%), Magnesium: 21.14mg (5.29%), Zinc: 0.75mg (5%), Vitamin B3: 0.83mg (4.14%), Vitamin B5: 0.3mg (2.97%), Vitamin B12: 0.09µg (1.54%)