



Caesar Salad

READY IN



45 min.

SERVINGS



6

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 fillet anchovy packed in oil
- ☐ 6 servings pepper black freshly ground
- ☐ 3 cups bread
- ☐ 0.8 teaspoon dijon mustard
- ☐ 2 large egg yolk
- ☐ 1 small garlic clove
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 5 tablespoons olive oil divided

- ☐ 3 tablespoons parmesan finely grated
- ☐ 3 baby greens
- ☐ 0.5 cup vegetable oil

Equipment

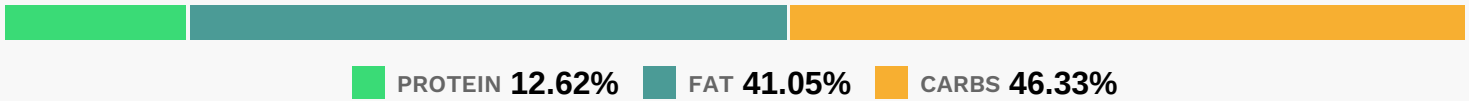
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ tongs
- ☐ peeler

Directions

- ☐ The Dressing
- ☐ A great Caesar salad gets its swagger from a great dressing. Squeamish about raw egg yolks and anchovies? Sorry. Yolks are what give richness to the emulsion, while anchovies provide a briny blast (and that whole umami thing). Here's our go-to recipe: Chop together 6 anchovy fillets packed in oil, 1 small garlic clove, and a pinch of kosher salt. Use the side of a knife blade to mash into a paste, then scrape into a medium bowl.
- ☐ Whisk in 2 large egg yolks*, 2 tablespoons fresh lemon juice, and 3/4 teaspoon
- ☐ Dijon mustard.
- ☐ Adding drop by drop to start, gradually whisk in 2 tablespoons olive oil, then 1/2 cup vegetable oil; whisk until dressing is thick and glossy.
- ☐ Whisk in 3 tablespoons finely grated Parmesan. Season with salt, freshly ground black pepper, and more lemon juice, if desired. Can be made 1 day ahead.
- ☐ The Croutons
- ☐ Make your own. Tearing, not cutting, the bread ensures nooks and crannies that catch the dressing and add texture. Toss 3 cups torn 1" pieces country bread with 3 tablespoons olive oil on a baking sheet; season with kosher salt and freshly ground black pepper.
- ☐ Bake at 375°F, tossing occasionally, until golden, 10–15 minutes.

- ☐ The
- ☐ Lettuce
- ☐ Use whole leaves from 3 romaine hearts to feed 6 people. They provide the ideal mix of crispness, surface area, and structure.
- ☐ The Cheese
- ☐ Caesar's crowned with a mound of grated
- ☐ Parmesan may look impressive, but all that clumpy cheese mutes the dressing. Instead, use a vegetable peeler to thinly shave a modest amount on top for little salty bursts.
- ☐ The Assembly
- ☐ Skip the tongs. Use your hands to gently toss the lettuce, croutons, and dressing, then top off with the shaved Parm.
- ☐ *Raw egg is not recommended for infants, the elderly, pregnant women, and people with weakened immune systems.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:30.27, Inflammation Score:-10, Nutrition Score:27.937391550645%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 504.75kcal (25.24%), Fat: 23.21g (35.7%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 58.94g (19.65%), Net Carbohydrates: 52.94g (19.25%), Sugar: 7.64g (8.49%), Cholesterol: 65.3mg (21.77%), Sodium: 812.03mg (35.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.09%), Vitamin A: 5028.09IU (100.56%), Manganese: 1.53mg (76.44%), Vitamin K: 77.68µg (73.98%), Selenium: 39.78µg (56.83%), Folate: 187.27µg (46.82%), Vitamin B3: 7.37mg (36.86%), Vitamin B1: 0.54mg (36.23%), Iron: 5.21mg (28.95%), Fiber: 6g (23.98%), Vitamin B2: 0.39mg (22.72%), Phosphorus: 217.96mg (21.8%), Calcium: 211.58mg (21.16%), Vitamin E: 2.46mg (16.41%),

Magnesium: 60.33mg (15.08%), Vitamin B5: 1.27mg (12.7%), Copper: 0.22mg (11%), Zinc: 1.64mg (10.95%), Vitamin B6: 0.21mg (10.51%), Potassium: 339.72mg (9.71%), Vitamin C: 4.59mg (5.56%), Vitamin B12: 0.17µg (2.75%), Vitamin D: 0.32µg (2.12%)