



Caesar Salad

READY IN



45 min.

SERVINGS



6

CALORIES



591 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounce anchovy fillets drained canned
- ☐ 2 large pasteurized egg yolks
- ☐ 4 cups bread french cubed (1-inch) (4 ounces)
- ☐ 1 garlic clove
- ☐ 0.3 teaspoon kosher salt
- ☐ 5 tablespoons olive oil extra-virgin divided
- ☐ 2 tablespoons parmigiano-reggiano cheese fresh grated
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 cups torn romaine hearts

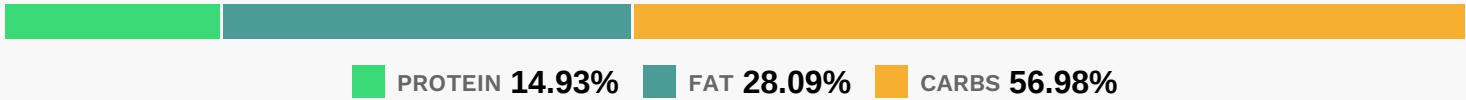
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 35
- ☐ Combine 1 tablespoon oil and bread in a large bowl, tossing to coat. Arrange bread in a single layer on a baking sheet; bake at 350 for 15 minutes or until golden. Cool.
- ☐ Pat anchovy fillets dry with a paper towel.
- ☐ Combine fillets, cheese, and next 3 ingredients (through garlic) in a blender; process until smooth. With blender on, add remaining 1/4 cup oil, 1 tablespoon at a time; process until smooth.
- ☐ Combine croutons and lettuce in a large bowl.
- ☐ Drizzle lettuce and croutons evenly with dressing; toss to coat.
- ☐ Sprinkle salad mixture evenly with salt; toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:63.16, Inflammation Score:-10, Nutrition Score:33.4069564444616%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 1.59mg, Quercetin:

1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 590.71kcal (29.54%), Fat: 18.55g (28.54%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 84.66g (28.22%), Net Carbohydrates: 79.67g (28.97%), Sugar: 8.19g (9.1%), Cholesterol: 70.37mg (23.46%), Sodium: 1429.11mg (62.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.18g (44.36%), Vitamin A: 6369.75IU (127.4%), Vitamin B1: 1.19mg (79.38%), Selenium: 55.45µg (79.22%), Vitamin K: 83.15µg (79.19%), Folate: 301.56µg (75.39%), Vitamin B3: 9.72mg (48.59%), Manganese: 0.96mg (48.09%), Vitamin B2: 0.79mg (46.59%), Iron: 7.57mg (42.05%), Phosphorus: 245.86mg (24.59%), Fiber: 4.99g (19.97%), Vitamin E: 2.57mg (17.13%), Magnesium: 68.42mg (17.1%), Copper: 0.31mg (15.67%), Calcium: 156.13mg (15.61%), Zinc: 2.22mg (14.8%), Vitamin B6: 0.27mg (13.44%), Potassium: 425.59mg (12.16%), Vitamin B5: 0.89mg (8.95%), Vitamin C: 3.06mg (3.71%), Vitamin B12: 0.21µg (3.56%), Vitamin D: 0.47µg (3.17%)