



## Caesar Salad

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 1 teaspoon anchovy paste minced smashed
- ☐ 1 baguette sliced thin
- ☐ 0.3 teaspoon pepper black freshly ground to taste
- ☐ 2 eggs
- ☐ 0.5 cup olive oil extra virgin
- ☐ 4 cloves garlic fresh minced peeled smashed
- ☐ 0.3 cup freshly lemon juice juiced plus more to taste)
- ☐ 4 ounces parmesan cheese grated

- ☐ 4 small heads romaine lettuce dry rinsed
- ☐ 0.5 teaspoon salt

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ pastry brush

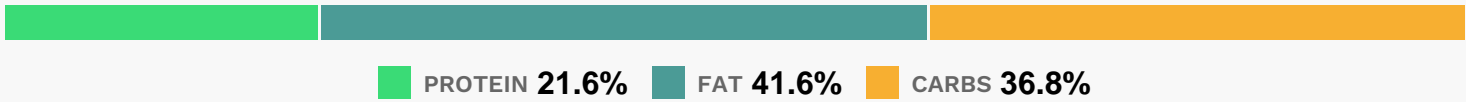
## Directions

- ☐ In a very large bowl, whisk together the olive oil and garlic.
- ☐ Let sit for half an hour. 2 While the oil is sitting, make the croutons.
- ☐ Spread the baguette slices out over a baking sheet (may need to do in batches), lined with parchment paper or Silpat.
- ☐ Brush or spray with olive oil (or melted butter, or if you want garlicky croutons, dip pastry brush in the garlic infused oil you have sitting in step 1). Broil for a couple of minutes until the tops are lightly browned. (Note: do not walk away, these can easily go from browned to burnt.)
- ☐ Remove and let cool. The steps up until this point can be made ahead. 3
- ☐ Add anchovies and eggs to the oil garlic mixture.
- ☐ Whisk until creamy.
- ☐ Add salt and pepper and 1/4 cup of lemon juice.
- ☐ Whisk in half of the Parmesan cheese. Taste, add more lemon juice to taste. The lemon should give an edge to the dressing, but not overwhelm it. 4 Using your hands, tear off chunks of lettuce from the heads of lettuce (do not use a knife to cut).
- ☐ Add to the oil mixture and toss until coated.
- ☐ Add the rest of the Parmesan cheese, toss. 5 Coarsely chop the toasted bread and add (with the crumbs from the chopping) to the salad. Toss.

☐

Serve immediately.

# Nutrition Facts



## Properties

Glycemic Index:40.19, Glycemic Load:21.17, Inflammation Score:-5, Nutrition Score:14.391304472218%

## Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 363.66kcal (18.18%), Fat: 16.73g (25.73%), Saturated Fat: 6.47g (40.44%), Carbohydrates: 33.29g (11.1%), Net Carbohydrates: 31.82g (11.57%), Sugar: 3.67g (4.07%), Cholesterol: 102.39mg (34.13%), Sodium: 1218.26mg (52.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.08%), Calcium: 424.55mg (42.45%), Selenium: 25.36µg (36.22%), Phosphorus: 309.77mg (30.98%), Vitamin B1: 0.4mg (26.35%), Vitamin B2: 0.41mg (23.95%), Folate: 83.92µg (20.98%), Manganese: 0.37mg (18.68%), Iron: 2.96mg (16.45%), Vitamin B3: 3.27mg (16.34%), Zinc: 1.64mg (10.94%), Vitamin B12: 0.55µg (9.15%), Vitamin E: 1.33mg (8.87%), Vitamin B6: 0.18mg (8.83%), Magnesium: 34.42mg (8.61%), Vitamin A: 429.78IU (8.6%), Vitamin C: 6.88mg (8.34%), Vitamin B5: 0.76mg (7.57%), Vitamin K: 7.14µg (6.8%), Copper: 0.12mg (5.97%), Fiber: 1.47g (5.9%), Potassium: 174.08mg (4.97%), Vitamin D: 0.61µg (4.05%)