



Caesar Salad

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 ounce anchovy fillets drained
- ☐ 0.3 teaspoon mustard dry
- ☐ 1 large clove garlic crushed
- ☐ 8 servings garlic crostini
- ☐ 1 optional: lemon cut in half
- ☐ 0.8 cup olive oil
- ☐ 8 servings freshly parmesan cheese shaved
- ☐ 8 servings pepper freshly ground
- ☐ 0.3 cup red wine vinegar

- ☐ 2 heads romaine lettuce
- ☐ 8 servings try build-a-meal
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon worcestershire sauce

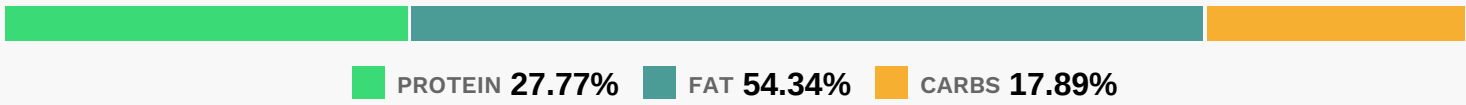
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ Wash lettuce under cold running water. Trim core, and separate stalk into leaves; discard wilted or discolored portions. Shake leaves to remove moisture.
- ☐ Place lettuce in large zip-top plastic bag; chill at least 2 hours.
- ☐ Combine olive oil and next five ingredients in a jar. Cover tightly, and shake vigorously. Set aside.
- ☐ Cut coarse ribs from large leaves of lettuce and discard. Tear leaves into pieces, and place in a large salad bowl.
- ☐ Pour dressing over lettuce; toss gently.Squeeze juice from lemon halves over salad; shave cheese over salad. Top with Garlic Crostini and anchovies.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.06, Glycemic Load:0.81, Inflammation Score:-10, Nutrition Score:22.149565074755%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg

0.04mg, Kaempferol: 0.04mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 204.04kcal (10.2%), Fat: 12.72g (19.57%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 5.43g (1.97%), Sugar: 2.56g (2.85%), Cholesterol: 24.65mg (8.22%), Sodium: 657.14mg (28.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.63g (29.25%), Vitamin A: 13873.54IU (277.47%), Vitamin K: 163.66µg (155.87%), Folate: 217.49µg (54.37%), Calcium: 429.43mg (42.94%), Phosphorus: 282.85mg (28.28%), Manganese: 0.4mg (19.96%), Vitamin C: 14.61mg (17.71%), Fiber: 3.99g (15.98%), Selenium: 11.15µg (15.92%), Potassium: 491.54mg (14.04%), Vitamin B2: 0.23mg (13.73%), Iron: 2.31mg (12.83%), Magnesium: 43.22mg (10.81%), Vitamin B6: 0.21mg (10.52%), Vitamin B1: 0.14mg (9.64%), Zinc: 1.42mg (9.46%), Vitamin B3: 1.67mg (8.33%), Vitamin B12: 0.4µg (6.73%), Copper: 0.13mg (6.29%), Vitamin E: 0.93mg (6.23%), Vitamin B5: 0.47mg (4.67%)