



## Caesar Salad Bites

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



8

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.7 cup bottled creamy caesar dressing refrigerated
- 1.3 cups seasoned croutons
- 0.5 cucumber english chopped
- 0.3 cup parsley fresh coarsely chopped
- 1 cup grape tomatoes halved
- 8 servings pepper freshly ground to taste
- 2 romaine lettuce hearts

## Equipment

## Directions

- Separate romaine hearts into 24 medium leaves, and arrange on a large platter. Spoon dressing lightly down center of each leaf. Top with chopped cucumber and next 3 ingredients.
- Sprinkle with pepper to taste.
- Note: We tested with Marie's Creamy Caesar Dressing.

## Nutrition Facts

**PROTEIN 4.21%** **FAT 78.26%** **CARBS 17.53%**

## Properties

Glycemic Index:21.75, Glycemic Load:2.53, Inflammation Score:-6, Nutrition Score:5.984347736382%

## Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 133.5kcal (6.68%), Fat: 11.73g (18.04%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.02g (1.83%), Sugar: 1.45g (1.61%), Cholesterol: 7.64mg (2.55%), Sodium: 272.61mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 63.2µg (60.19%), Vitamin A: 949.69IU (18.99%), Vitamin C: 5.91mg (7.16%), Vitamin E: 1.06mg (7.06%), Folate: 23.07µg (5.77%), Manganese: 0.09mg (4.68%), Iron: 0.7mg (3.89%), Fiber: 0.89g (3.55%), Vitamin B1: 0.05mg (3.33%), Potassium: 112.2mg (3.21%), Selenium: 2.16µg (3.09%), Calcium: 23.17mg (2.32%), Vitamin B3: 0.44mg (2.2%), Phosphorus: 21.43mg (2.14%), Magnesium: 8.42mg (2.1%), Vitamin B2: 0.03mg (1.83%), Copper: 0.04mg (1.79%), Vitamin B6: 0.04mg (1.78%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.17mg (1.13%)