



HEALTH SCORE

67%

## Caesar Salad II



Gluten Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 cups croutons divided
- ☐ 6 cloves garlic minced
- ☐ 1 juice of lemon juiced
- ☐ 1 tablespoon mustard dijon-style prepared
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 head romaine lettuce
- ☐ 1 dash worcestershire sauce

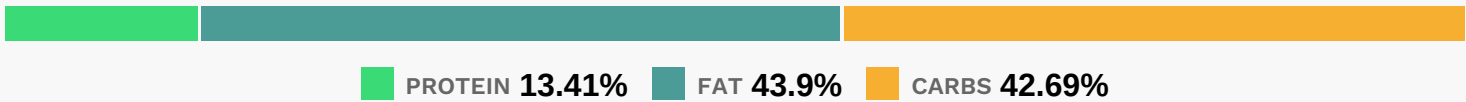
# Equipment

- ☐ mixing bowl
- ☐ blender

# Directions

- ☐ Clean and chop lettuce, set aside.
- ☐ Crush 5 or 6 of the croutons in a deep mixing bowl.
- ☐ Add the garlic, mustard, lemon juice and Worcestershire sauce. Blend thoroughly in a mixer and slowly add olive oil until creamy.
- ☐ Pour dressing over the lettuce, add parmesan, remaining croutons, toss and enjoy.

# Nutrition Facts



# Properties

Glycemic Index:22.33, Glycemic Load:5.21, Inflammation Score:-10, Nutrition Score:15.891304330333%

# 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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

# Nutrients (% of daily need)

Calories: 115.03kcal (5.75%), Fat: 5.85g (9%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 9.92g (3.61%), Sugar: 1.45g (1.61%), Cholesterol: 3.63mg (1.21%), Sodium: 181.36mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 9125.95IU (182.52%), Vitamin K: 109.27µg (104.07%), Folate: 156.62µg (39.16%), Manganese: 0.28mg (13.82%), Fiber: 2.89g (11.55%), Vitamin B1: 0.15mg (10.04%), Selenium: 6.91µg (9.87%), Iron: 1.56mg (8.68%), Calcium: 86.38mg (8.64%), Vitamin C: 7.08mg (8.58%), Potassium: 300.07mg (8.57%), Phosphorus: 77.01mg (7.7%), Vitamin B2: 0.12mg (6.91%), Vitamin B6: 0.12mg (6.22%), Magnesium: 21.44mg (5.36%), Vitamin E: 0.69mg (4.63%), Vitamin B3: 0.91mg (4.57%), Copper: 0.08mg (4%), Zinc: 0.56mg (3.75%), Vitamin B5: 0.24mg (2.37%)