



## Caesar Salad With Bacon, Brussels Sprouts and Basil

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



499 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 fillet anchovy finely chopped
- 0.5 pound bacon sliced cut into small pieces
- 2 cups brussels sprout leaves whole (from 5 sprouts)
- 1.5 teaspoons caper brine (from a jar of capers)
- 0.5 cup canola oil
- 8 servings canola oil for frying
- 1 tablespoon capers

- 1.5 teaspoons dijon mustard
- 1 large pasteurized egg yolk
- 0.5 cup basil leaves fresh
- 1 small clove garlic grated
- 8 servings kosher salt
- 8 servings kosher salt and pepper freshly ground
- 0.5 cup juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 0.5 cup parmesan cheese freshly grated chunk for shaving over the salad plus a
- 2 heads romaine lettuce cut into 1-inch pieces

## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- paper towels
- pot
- sieve
- kitchen thermometer
- slotted spoon
- deep fryer

## Directions

- Make the dressing: In the bowl of a food processor, combine the egg yolk, mustard, garlic and 1/2 teaspoon each salt and pepper. Pulse to blend. With the machine running, pour the lemon juice and caper brine into the mix. Slowly pour in the olive oil, then the canola oil, blending until smooth.
- Transfer the dressing to a bowl and taste for seasoning. Stir in the anchovies and anchovy oil. Cover and refrigerate until ready to use, or up to 1 day.

- Prepare the salad: Cook the bacon in a small skillet over low heat, stirring, until crispy, 12 to 15 minutes.
- Drain on paper towels.
- Heat 1 inch canola oil in a medium heavy-bottomed pot until a deep-fry thermometer registers 350 degrees F (or alternatively, use a deep fryer). Line a baking sheet with paper towels.
- Put the capers in a small metal strainer, submerge them in the hot oil and fry until crispy, 1 to 2 minutes.
- Drain on the paper towels.
- Add the Brussels sprout leaves to the hot oil in small batches (step back because they will splatter oil) and fry until crispy, 1 to 2 minutes.
- Transfer to the paper towels using a slotted spoon. Season the leaves with salt.
- Pour about three-quarters of the dressing into a large salad bowl.
- Add the romaine, basil and grated parmesan and toss to coat. Shave additional parmesan over the salad. Top with the remaining dressing, the bacon, capers and Brussels sprout leaves.
- Serve immediately. Photograph by Kang Kim

## Nutrition Facts

**PROTEIN 8.96%** **FAT 54.01%** **CARBS 37.03%**

### Properties

Glycemic Index:16.5, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:40.8160868313%

### 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

### Nutrients (% of daily need)

Calories: 498.54kcal (24.93%), Fat: 33.72g (51.87%), Saturated Fat: 8.03g (50.18%), Carbohydrates: 52.02g (17.34%), Net Carbohydrates: 33.03g (12.01%), Sugar: 2.29g (2.54%), Cholesterol: 47.7mg (15.9%), Sodium:

778.52mg (33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.17%), Vitamin A: 17467.21IU (349.34%), Manganese: 5.11mg (255.72%), Vitamin K: 176.44µg (168.04%), Iron: 27.34mg (151.88%), Folate: 327.25µg (81.81%), Fiber: 18.99g (75.97%), Vitamin B6: 1.25mg (62.46%), Calcium: 611.38mg (61.14%), Vitamin C: 40.1mg (48.6%), Magnesium: 101.75mg (25.44%), Vitamin B2: 0.42mg (24.59%), Potassium: 796.83mg (22.77%), Zinc: 3.25mg (21.69%), Phosphorus: 208.01mg (20.8%), Vitamin E: 2.74mg (18.27%), Copper: 0.35mg (17.67%), Selenium: 12.13µg (17.33%), Vitamin B3: 3mg (15.02%), Vitamin B1: 0.21mg (13.94%), Vitamin B5: 0.5mg (4.98%), Vitamin B12: 0.27µg (4.56%), Vitamin D: 0.26µg (1.73%)