



Caesar Salad with Bagel Croutons

READY IN



45 min.

SERVINGS



8

CALORIES



503 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups bagels cubed () (2 bagels)
- ☐ 8 servings creamy caesar dressing
- ☐ 0.5 ounce parmesan cheese fresh grated
- ☐ 8 cups romaine lettuce sliced

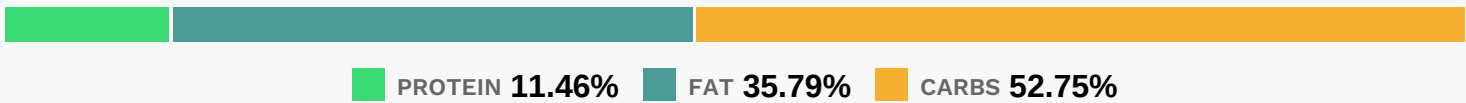
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 30
- ☐ Place bagel cubes on a baking sheet coated with cooking spray.
- ☐ Bake at 300 for 15 minutes or until toasted; set croutons aside.
- ☐ Combine lettuce, cheese, and croutons in a large bowl.
- ☐ Drizzle Creamy Caesar Dressing over salad; toss well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:43.54, Inflammation Score:-10, Nutrition Score:15.742608692335%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 502.84kcal (25.14%), Fat: 19.83g (30.51%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 65.76g (21.92%), Net Carbohydrates: 61.9g (22.51%), Sugar: 1.42g (1.57%), Cholesterol: 12.9mg (4.3%), Sodium: 1026.83mg (44.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.28g (28.57%), Vitamin A: 4117.74IU (82.35%), Vitamin K: 79.71µg (75.91%), Manganese: 0.72mg (36.17%), Folate: 90.67µg (22.67%), Fiber: 3.86g (15.43%), Vitamin B1: 0.23mg (15.36%), Phosphorus: 145.66mg (14.57%), Iron: 2.4mg (13.35%), Vitamin B3: 2.24mg (11.22%), Copper: 0.22mg (10.95%), Magnesium: 42.26mg (10.57%), Vitamin E: 1.49mg (9.91%), Zinc: 1.23mg (8.21%), Calcium: 72.18mg (7.22%), Potassium: 245.9mg (7.03%), Vitamin B2: 0.1mg (5.99%), Vitamin B5: 0.53mg (5.29%), Vitamin B6: 0.1mg (5.21%), Vitamin C: 1.97mg (2.39%), Selenium: 1.07µg (1.52%)