



Caesar Salad with Chile-Cilantro Dressing



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



47 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup chile-cilantro dressing
- ☐ 0.3 cup pumpkinseed kernels unsalted toasted
- ☐ 0.5 8-inch flour tortilla fat-free cut into 1/4-inch-wide strips
- ☐ 6 cups torn romaine lettuce
- ☐ 0.5 cup tomatoes chopped

Equipment

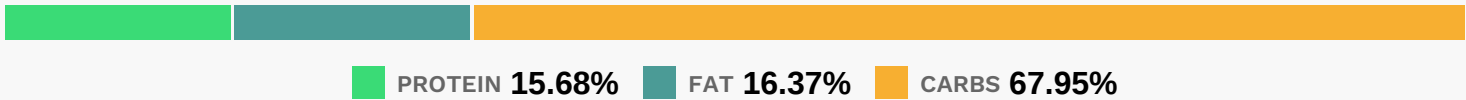
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Place tortilla strips on a baking sheet coated with cooking spray.
- ☐ Bake at 375 for 5 minutes or until crisp. Cool on a wire rack.
- ☐ Place lettuce in a large bowl.
- ☐ Add pumpkinseeds and Chile-Cilantro Dressing; toss gently to coat.
- ☐ Place about 1 1/2 cups salad on each of 4 plates. Top each serving with 2 tablespoons tomato; sprinkle evenly with tortilla strips.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:13.483478328456%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 46.71kcal (2.34%), Fat: 0.94g (1.44%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 8.76g (2.92%), Net Carbohydrates: 6.44g (2.34%), Sugar: 2.68g (2.98%), Cholesterol: 0mg (0%), Sodium: 75.63mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.02g (4.04%), Vitamin A: 6419.31IU (128.39%), Vitamin K: 75.94µg (72.33%), Vitamin C: 23.5mg (28.48%), Folate: 111.33µg (27.83%), Manganese: 0.2mg (9.85%), Fiber: 2.32g (9.28%), Potassium: 280.02mg (8%), Vitamin B6: 0.14mg (6.89%), Vitamin B1: 0.1mg (6.83%), Iron: 1.12mg (6.23%), Vitamin B2: 0.09mg (5.21%), Phosphorus: 48.84mg (4.88%), Magnesium: 17.53mg (4.38%), Vitamin B3: 0.87mg (4.36%), Calcium: 36.49mg (3.65%), Copper: 0.07mg (3.55%), Selenium: 1.83µg (2.61%), Zinc: 0.29mg (1.95%), Vitamin E: 0.29mg (1.92%), Vitamin B5: 0.19mg (1.89%)