



Caesar Salad with Fried Ginger

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



166 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup croutons prepared toasted
- 1 clove garlic minced pressed
- 0.5 cup ginger fresh shredded finely
- 3 tablespoons juice of lemon
- 6 tablespoons olive oil
- 6 ounces parmesan cheese
- 1 pound romaine lettuce rinsed

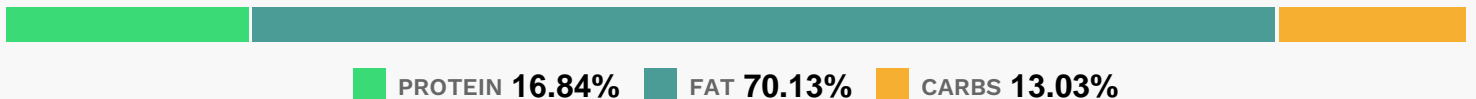
Equipment

- bowl
- frying pan
- paper towels
- whisk
- slotted spoon
- peeler

Directions

- In an 8- to 10-inch frying pan over high heat, stir oil and ginger until ginger is golden brown, 2 to 4 minutes. With a slotted spoon, transfer ginger to paper towels.
- Let oil cool.
- With a vegetable peeler, shave about half the cheese into very thin slices. Grate remaining cheese.
- In a wide, shallow bowl, whisk oil, grated cheese, garlic, and lemon juice to blend.
- Break romaine into bite-size pieces into bowl.
- Add croutons and mix gently.
- Sprinkle fried ginger and shaved parmesan over salad.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:11.096087022968%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 166.13kcal (8.31%), Fat: 13.18g (20.27%), Saturated Fat: 4.03g (25.16%), Carbohydrates: 5.51g (1.84%), Net Carbohydrates: 4.29g (1.56%), Sugar: 0.87g (0.97%), Cholesterol: 11.57mg (3.86%), Sodium: 297.95mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Vitamin A: 4083.93IU (81.68%), Vitamin K: 51.85µg (49.38%), Calcium: 220.31mg (22.03%), Folate: 68.28µg (17.07%), Phosphorus: 137.56mg (13.76%), Vitamin E: 1.33mg (8.84%), Selenium: 5.21µg (7.45%), Vitamin B2: 0.1mg (5.74%), Manganese: 0.11mg (5.26%), Fiber: 1.22g (4.89%), Vitamin C: 3.89mg (4.71%), Potassium: 157.25mg (4.49%), Iron: 0.79mg (4.37%), Magnesium: 17.17mg (4.29%), Zinc: 0.62mg (4.14%), Vitamin B1: 0.06mg (4.06%), Vitamin B12: 0.2µg (3.4%), Vitamin B6: 0.06mg (3.16%), Copper: 0.04mg (2.23%), Vitamin B3: 0.39mg (1.97%), Vitamin B5: 0.17mg (1.72%)