



Caesar Salad with Grilled Shrimp

READY IN



30 min.

SERVINGS



4

CALORIES



309 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1.5 teaspoons anchovy paste
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon dijon mustard
- 0.3 cup pasteurized egg product
- 2 ounces bread french
- 0.5 teaspoon garlic minced
- 1 clove garlic
- 2 tablespoons juice of lemon
- 1 teaspoon olive oil

- 3 tablespoons olive oil
- 0.3 cup parmesan finely grated
- 8 cups coarsely torn romaine lettuce
- 0.3 teaspoon salt
- 2 pinches salt
- 4 servings salt and pepper
- 1 pound shrimp (deveined peeled per pound), and
- 0.3 teaspoon worcestershire sauce

Equipment

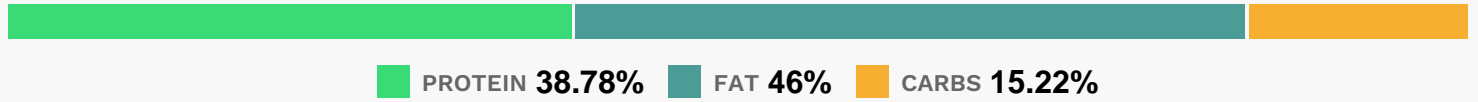
- bowl
- baking sheet
- oven
- whisk
- grill
- grill pan
- pastry brush

Directions

- Watch how to make this recipe.
- In a small bowl, whisk together the egg product, garlic, anchovy paste, mustard, Worcestershire sauce and lemon juice. Slowly add the olive oil in a steady stream, whisking the whole time. Stir in the Parmesan and season with salt and pepper.
- In a large bowl, toss the dressing with the lettuce until well coated.
- Add the croutons and toss to combine. Divide the salad onto 4 plates and top each plate with 5 or 6 shrimp.
- Preheat the oven to 325 degrees F. Using a pastry brush, lightly brush both sides of the bread with oil.
- Cut the garlic in half and rub it on to both sides of the bread.
- Sprinkle with salt.

- Cut the bread into cubes and spread onto a baking sheet.
- Bake until bread is crispy and golden brown, stirring once or twice, about 10 minutes.
- Preheat a grill pan over a medium-high flame, or prepare a grill. Toss shrimp with the olive oil, sprinkle with salt and pepper, toss again and grill until cooked through, 2 to 3 minutes per side.
- Transfer the shrimp to a plate and drizzle with the lemon juice.

Nutrition Facts



Properties

Glycemic Index:57.88, Glycemic Load:5.86, Inflammation Score:-10, Nutrition Score:21.908695480098%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 308.53kcal (15.43%), Fat: 16.05g (24.7%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 9.5g (3.45%), Sugar: 2.14g (2.37%), Cholesterol: 245.23mg (81.74%), Sodium: 984.16mg (42.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.46g (60.91%), Vitamin A: 8322.23IU (166.44%), Vitamin K: 104.25µg (99.28%), Folate: 154.84µg (38.71%), Phosphorus: 369.16mg (36.92%), Copper: 0.54mg (27.03%), Calcium: 203.92mg (20.39%), Selenium: 12.64µg (18.06%), Potassium: 607.74mg (17.36%), Magnesium: 65.33mg (16.33%), Manganese: 0.32mg (16.17%), Zinc: 2.34mg (15.57%), Iron: 2.63mg (14.64%), Vitamin E: 2.08mg (13.84%), Vitamin B2: 0.23mg (13.29%), Vitamin B1: 0.19mg (12.37%), Fiber: 2.45g (9.8%), Vitamin C: 7.07mg (8.57%), Vitamin B3: 1.48mg (7.4%), Vitamin B6: 0.14mg (6.99%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.37µg (2.49%)