



WHATSheATE



Caesar Salad with Homemade Croutons and Balsamic Dressing

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 fillet anchovy
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 tablespoon dijon mustard
- ☐ 3 large garlic clove divided crushed
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup olive oil divided

- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 large the of 1 cos lettuce
- ☐ 15 ounce sandwich bread white country-style cut into cubes
- ☐ 0.5 teaspoon worcestershire sauce

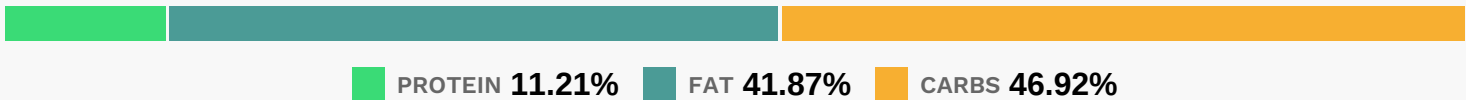
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat oven to 350°F.
- ☐ Whisk 1/4 cup oil, 2 garlic cloves, and coarse salt in large bowl to blend.
- ☐ Add bread cubes and toss to coat.
- ☐ Transfer croutons to baking sheet.
- ☐ Bake croutons until golden brown, about 12 minutes. Cool completely. (Can be made 1 day ahead. Store airtight at room temperature.)
- ☐ Combine cheese, mayonnaise, anchovies, vinegar, lemon juice, mustard, Worcestershire sauce, remaining 1/4 cup oil, and 1 garlic clove in blender; puree until smooth. Season dressing to taste with salt and pepper.
- ☐ Place lettuce and croutons in large bowl. Toss with enough dressing to coat.
- ☐ Serve with any remaining dressing.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:25.37, Inflammation Score:-6, Nutrition Score:11.140869521576%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 320.31kcal (16.02%), Fat: 14.82g (22.8%), Saturated Fat: 3.06g (19.1%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 35.54g (12.92%), Sugar: 4.67g (5.19%), Cholesterol: 9.55mg (3.18%), Sodium: 711.64mg (30.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Selenium: 19.75µg (28.22%), Vitamin B1: 0.37mg (24.83%), Manganese: 0.47mg (23.48%), Folate: 86.86µg (21.71%), Vitamin K: 22.45µg (21.38%), Calcium: 208.4mg (20.84%), Vitamin B3: 3.6mg (18.02%), Iron: 2.64mg (14.67%), Phosphorus: 125.99mg (12.6%), Vitamin B2: 0.2mg (11.84%), Vitamin A: 463.61IU (9.27%), Fiber: 1.82g (7.3%), Vitamin E: 1.03mg (6.89%), Zinc: 0.94mg (6.29%), Magnesium: 24.12mg (6.03%), Copper: 0.11mg (5.26%), Vitamin B6: 0.1mg (4.85%), Vitamin B5: 0.45mg (4.47%), Potassium: 131.95mg (3.77%), Vitamin C: 2.18mg (2.64%), Vitamin B12: 0.09µg (1.57%)