



Caesar Salad with Homemade Dressing

READY IN



30 min.

SERVINGS



6

CALORIES



234 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 fillet anchovy boneless minced
- 2 eggs separated (if desired) (see Cook's Note)
- 0.3 baguette french
- 2 teaspoons thyme leaves fresh
- 2 cloves garlic minced
- 6 servings kosher salt and freshly cracked pepper black
- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil
- 0.3 cup parmesan grated

- 0.5 cup parmesan shredded
- 2 large heads romaine lettuce
- 1 cup equivalent salad oil light
- 2 dashes worcestershire sauce

Equipment

- baking sheet
- oven
- whisk
- mixing bowl

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- For the Caesar dressing: Beat the egg yolks in a large mixing bowl.
- Add the lemon juice, Worcestershire sauce, anchovy and garlic and whisk to combine.
- Slowly drizzle in the olive oil until the mixture emulsifies. Season with salt and pepper. Cover and refrigerate until ready for use.
- Cut the baguette on an angle to create thin, oval slices about 1/4-inch thick. On a large baking sheet, arrange the slices evenly.
- Brush the bread with olive oil and top with the Parmesan and thyme. Season with salt and pepper.
- Bake until the Parmesan is melted and the croutons are golden brown around the edges, 5 to 7 minutes.
- Remove from the oven and allow to cool. Store in an airtight container if not using immediately.
- For the salad: Core the romaine and trim the top 1/2 inch off the leaves. Fan the leaves out on a serving plate (or chop into 1/2-inch pieces if you prefer).
- Sprinkle the Parmesan over the lettuce and drizzle the dressing on top. Top with 2 to 3 croutons per plate and serve.

Nutrition Facts

PROTEIN 12.39% FAT 76.44% CARBS 11.17%

Properties

Glycemic Index:33.46, Glycemic Load:3.68, Inflammation Score:-6, Nutrition Score:5.9995651037797%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 233.95kcal (11.7%), Fat: 20.02g (30.8%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 6.23g (2.27%), Sugar: 0.81g (0.9%), Cholesterol: 75.04mg (25.01%), Sodium: 489.71mg (21.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Calcium: 190.55mg (19.05%), Vitamin E: 2.55mg (16.98%), Phosphorus: 134.94mg (13.49%), Selenium: 8.91µg (12.73%), Vitamin K: 10.49µg (9.99%), Vitamin B2: 0.12mg (7.08%), Folate: 22.81µg (5.7%), Vitamin B1: 0.08mg (5.42%), Vitamin A: 257.02IU (5.14%), Iron: 0.88mg (4.89%), Vitamin B12: 0.29µg (4.87%), Zinc: 0.65mg (4.35%), Manganese: 0.09mg (4.26%), Vitamin C: 3.37mg (4.09%), Vitamin B3: 0.73mg (3.63%), Vitamin B6: 0.06mg (3.18%), Vitamin B5: 0.31mg (3.06%), Magnesium: 11.38mg (2.84%), Vitamin D: 0.39µg (2.62%), Copper: 0.03mg (1.65%), Potassium: 54.16mg (1.55%), Fiber: 0.36g (1.42%)