



Caesar Salad with Pancetta

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 fillet anchovy
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 servings pepper black freshly ground
- ☐ 2 pints cherry tomatoes
- ☐ 2 teaspoons dijon mustard
- ☐ 1 extra large egg yolk at room temperature
- ☐ 2 large cloves garlic chopped
- ☐ 2 teaspoons kosher salt

- ☐ 8 servings kosher salt
- ☐ 0.5 cup juice of lemon freshly squeezed 3 lemons
- ☐ 1.5 cups mild olive oil good
- ☐ 8 servings olive oil good
- ☐ 0.8 pound pancetta sliced
- ☐ 1 cup parmesan freshly grated
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 2 large heads romaine lettuce

Equipment

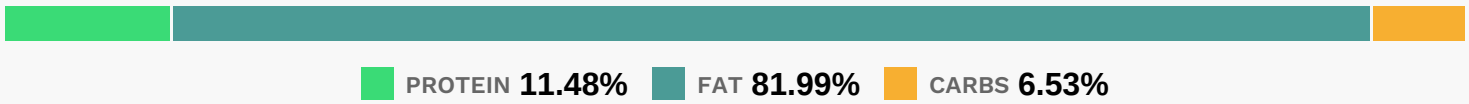
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ salad spinner
- ☐ cutting board

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Cut the pancetta into 1/2-inch cubes and cook it in a skillet over medium-low heat for 10 to 15 minutes, until browned and crisp.
- ☐ Remove to paper towels and drain.
- ☐ Place the tomatoes on a baking sheet and coat with olive oil.
- ☐ Sprinkle with salt and pepper. Roast for 15 to 20 minutes, until soft.
- ☐ Wash the lettuce leaves carefully and spin-dry in a salad spinner. Stack the leaves on a cutting board and cut them crosswise into 1 1/2-inch slices.

- ☐ Place them in a large mixing bowl.
- ☐ For the dressing, place the egg yolks, mustard, garlic, anchovies, lemon juice, salt, and pepper into the bowl of a food processor fitted with a steel blade. Process until smooth. With the food processor running, slowly pour the olive oil through the feed tube (as though you were making mayonnaise), until thick.
- ☐ Add the grated Parmesan cheese and pulse 3 times.
- ☐ Toss the lettuce with enough dressing to moisten well.
- ☐ Add 1 cup grated Parmesan and toss. Divide the lettuce among 6 or 8 plates and sprinkle with the pancetta roasted tomatoes.
- ☐ Serve at room temperature.
- ☐ All these ingredients can be made in advance. Be sure they're room temperature when you assemble the salad.
- ☐ If you're nervous about raw egg yolks, substitute 2 tablespoons of real mayonnaise.
- ☐ Pancetta is Italian bacon. You can find it in your Italian grocery or a specialty food store. Insist that it's cut 1/2-inch thick.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:13.095217466354%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 487.62kcal (24.38%), Fat: 44.97g (69.18%), Saturated Fat: 12.02g (75.13%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 7.06g (2.57%), Sugar: 3.48g (3.86%), Cholesterol: 68.7mg (22.9%), Sodium: 1399.09mg (60.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.32%), Vitamin C: 33.12mg (40.15%), Vitamin E: 4.2mg (27.99%), Selenium: 17.42µg (24.89%), Phosphorus: 240.62mg (24.06%), Calcium: 232.01mg (23.2%),

Vitamin K: 17.61µg (16.77%), Vitamin A: 805.2IU (16.1%), Vitamin B3: 2.97mg (14.85%), Vitamin B6: 0.25mg (12.73%), Vitamin B1: 0.18mg (12.04%), Potassium: 407.43mg (11.64%), Manganese: 0.19mg (9.57%), Zinc: 1.43mg (9.55%), Vitamin B2: 0.15mg (8.83%), Vitamin B12: 0.52µg (8.59%), Iron: 1.5mg (8.33%), Magnesium: 27.33mg (6.83%), Copper: 0.13mg (6.63%), Folate: 23.81µg (5.95%), Vitamin B5: 0.59mg (5.9%), Fiber: 1.01g (4.02%), Vitamin D: 0.39µg (2.57%)