



 **94%**  
HEALTH SCORE

## Caesar Salad with Peppers

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 teaspoon anchovy paste
- 1.5 teaspoons dijon mustard
- 0.3 cup mayonnaise fat-free
- 2 large garlic heads whole
- 1 tablespoon olive oil
- 1 ounce parmesan cheese fresh divided finely grated
- 1 Dash pepper black
- 2 bell peppers red

- 3 tablespoons red wine vinegar
- 14 cups torn romaine lettuce
- 4 ounce cocktail rye bread cubed toasted
- 2 bell peppers yellow

## Equipment

- food processor
- bowl
- baking sheet
- oven
- aluminum foil
- broiler
- ziploc bags



## Directions

- Preheat oven to 400
- To prepare dressing, remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil.
- Bake at 400 for 1 hour; cool.
- Cut crosswise, and squeeze to extract garlic pulp to measure 3 tablespoons. Discard skins.
- Place garlic, mayonnaise, mustard, paste, and black pepper in a food processor; process until smooth. With food processor on, slowly pour vinegar and oil through food chute; process until well-blended.
- Preheat broiler.
- To prepare salad, cut bell peppers in half lengthwise; discard seeds and membranes.
- Place halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 15 minutes. Peel; cut into 1-inch strips.

Combine dressing, lettuce, 2 tablespoons cheese, and rye bread cubes in a large bowl, tossing gently to coat. Divide salad among 8 salad plates. Arrange bell pepper strips on top of salads.

Sprinkle evenly with 2 tablespoons cheese.

## Nutrition Facts

 **PROTEIN 15.81%**  **FAT 31.03%**  **CARBS 53.16%**

### Properties

Glycemic Index:25.67, Glycemic Load:3.63, Inflammation Score:-10, Nutrition Score:20.209130660995%

### Flavonoids

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

### Nutrients (% of daily need)

Calories: 106.25kcal (5.31%), Fat: 3.84g (5.9%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 11.14g (4.05%), Sugar: 3.57g (3.96%), Cholesterol: 3.7mg (1.23%), Sodium: 245.95mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin A: 8184.72IU (163.69%), Vitamin C: 96.28mg (116.71%), Vitamin K: 88.97µg (84.73%), Folate: 149.31µg (37.33%), Manganese: 0.34mg (16.8%), Fiber: 3.64g (14.55%), Vitamin B6: 0.22mg (11.14%), Potassium: 370.2mg (10.58%), Vitamin B1: 0.15mg (10.03%), Selenium: 6.58µg (9.41%), Vitamin B2: 0.15mg (8.96%), Calcium: 89.33mg (8.93%), Iron: 1.6mg (8.89%), Phosphorus: 86.74mg (8.67%), Vitamin B3: 1.52mg (7.61%), Magnesium: 27.43mg (6.86%), Vitamin E: 0.92mg (6.1%), Copper: 0.11mg (5.58%), Zinc: 0.61mg (4.08%), Vitamin B5: 0.35mg (3.54%)