



Caesar Salad with Shiitake Mushrooms

READY IN



45 min.

SERVINGS



4

CALORIES



574 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2.5 teaspoons anchovy paste
- 0.5 pound sourdough baguette cut into 1-inch cubes (1 quart)
- 1 tablespoon cooking oil
- 0.5 cup parsley fresh chopped
- 4 cloves garlic minced
- 0.8 teaspoon fresh-ground pepper black
- 2 hard-cooked eggs
- 8 tablespoons olive oil
- 0.3 cup parmesan grated

- 2 pound romaine lettuce
- 0.8 teaspoon salt
- 0.8 pound mushroom caps sliced
- 3 tablespoons red-wine vinegar

Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- In a large nonstick frying pan, heat 3 tablespoons of the olive oil over moderate heat.
- Add the cubed bread, 1/2 teaspoon salt, and 1/4 teaspoon pepper and stir to coat the bread with the oil. Saut the bread until crisp and lightly browned, about 5 minutes.
- Remove from the heat and stir in half the garlic.
- Transfer to a large salad bowl.
- In the same pan, heat the cooking oil over moderately high heat.
- Add the mushrooms, 1/4 teaspoon pepper, and the remaining 1/4 teaspoon salt. Cook, stirring frequently, until the mushrooms are tender, 2 to 3 minutes.
- Add half the remaining garlic and the parsley and cook, stirring, for 1 minute longer.
- Add the mushrooms to the croutons.
- Put the eggs, vinegar, anchovy paste, and the remaining garlic, 1/4 teaspoon pepper, and 5 tablespoons olive oil in a blender or food processor and whir until smooth.
- Add the lettuce to the mushrooms and croutons, sprinkle with Parmesan, and then add the dressing. Toss to coat.
- Wine Recommendation: Because sparkling wines have surprisingly high acidity, a nonvintage brut Champagne will go well with this salad, matching the vinegar in the dressing and cutting the Parmesan's richness.

Nutrition Facts

PROTEIN 11.55% FAT 59.42% CARBS 29.03%

Properties

Glycemic Index:56.19, Glycemic Load:20.33, Inflammation Score:-10, Nutrition Score:36.14130418197%

Flavonoids

Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 574.16kcal (28.71%), Fat: 38.86g (59.79%), Saturated Fat: 6.46g (40.38%), Carbohydrates: 42.73g (14.24%), Net Carbohydrates: 34.24g (12.45%), Sugar: 7.81g (8.68%), Cholesterol: 100.69mg (33.56%), Sodium: 1087.22mg (47.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (33.99%), Vitamin A: 20568.38IU (411.37%), Vitamin K: 377.82µg (359.83%), Folate: 403.65µg (100.91%), Manganese: 0.94mg (46.9%), Vitamin B2: 0.69mg (40.73%), Selenium: 27.62µg (39.46%), Vitamin B3: 7.48mg (37.42%), Vitamin E: 5.56mg (37.08%), Vitamin B1: 0.54mg (36.05%), Fiber: 8.48g (33.94%), Phosphorus: 323.41mg (32.34%), Iron: 5.79mg (32.17%), Potassium: 1010.01mg (28.86%), Vitamin B6: 0.56mg (28.23%), Calcium: 249.94mg (24.99%), Vitamin C: 20.04mg (24.29%), Vitamin B5: 2.28mg (22.77%), Magnesium: 76.94mg (19.24%), Copper: 0.34mg (17.14%), Zinc: 2.5mg (16.64%), Vitamin D: 0.99µg (6.57%), Vitamin B12: 0.39µg (6.43%)