



Caesar Salad with Shrimp

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon anchovy paste
- 10 ounces bread sourdough or country-style cut into 3/4-inch cubes (5 cups)
- 2 cups cherry tomatoes halved
- 2 teaspoons dijon mustard
- 2 cloves garlic chopped
- 0.5 teaspoon fresh-ground pepper black
- 4 tablespoons juice of lemon
- 0.8 cup olive oil
- 0.5 cup parmesan grated

- 0.5 quarts romaine lettuce quartered
- 1 teaspoon salt
- 1 pound shrimp shelled

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender
- broiler
- broiler pan

Directions

- Heat the oven to 32
- Toss the bread cubes with 1 tablespoon of the oil and spread on a large baking sheet.
- Bake until crisp on the outside and lightly browned, about 15 minutes.
- Let cool.
- Meanwhile, put the lemon juice, garlic, Parmesan, anchovy paste, mustard, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper in a blender and blend until smooth. With the blender running, slowly add the 3/4 cup oil. Alternatively, whisk together everything but the oil and then add the oil slowly, still whisking.
- Heat the broiler. In a broiler pan or on a baking sheet, toss the shrimp with the remaining 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Broil the shrimp, turning once, until just done, about 4 minutes in all.
- In a large bowl, combine the lettuce, tomatoes, croutons, and shrimp.
- Add the dressing and toss to coat.
- Wine Recommendation: Dijon mustard, lemon, and sauvignon blanc combine in a way that makes them seem almost inseparable. A crisp Sancerre's vibrant gooseberry and lemon flavor, along with its strong chalky streak, will highlight the freshness of the salad and the sweetness of the shrimp.

Nutrition Facts

PROTEIN 32.48% FAT 30.68% CARBS 36.84%

Properties

Glycemic Index:44.92, Glycemic Load:18.37, Inflammation Score:-10, Nutrition Score:32.495217553947%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

Nutrients (% of daily need)

Calories: 455.54kcal (22.78%), Fat: 15.84g (24.36%), Saturated Fat: 3.88g (24.28%), Carbohydrates: 42.77g (14.26%), Net Carbohydrates: 36.68g (13.34%), Sugar: 7.85g (8.73%), Cholesterol: 192.35mg (64.12%), Sodium: 1352.62mg (58.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.72g (75.44%), Vitamin A: 10771.54IU (215.43%), Vitamin K: 132.55µg (126.24%), Manganese: 1.22mg (60.93%), Folate: 235.14µg (58.79%), Phosphorus: 487.57mg (48.76%), Selenium: 26.18µg (37.4%), Calcium: 366.62mg (36.66%), Copper: 0.68mg (34.13%), Vitamin C: 28.14mg (34.11%), Iron: 5.12mg (28.44%), Vitamin B1: 0.42mg (28.06%), Potassium: 902.3mg (25.78%), Vitamin B3: 5.1mg (25.51%), Magnesium: 101.47mg (25.37%), Fiber: 6.09g (24.35%), Zinc: 3.06mg (20.39%), Vitamin B2: 0.33mg (19.25%), Vitamin B6: 0.27mg (13.37%), Vitamin E: 1.98mg (13.23%), Vitamin B5: 0.96mg (9.55%), Vitamin B12: 0.16µg (2.72%)