



## Caesar Salad with Sourdough Croutons

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



227 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 4 fillet anchovy finely chopped
- ☐ 1.5 cups croutons
- ☐ 1 tablespoon dijon mustard
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.8 cup parmesan cheese divided grated
- ☐ 6 servings parsley fresh italian chopped

- ☐ 1 tablespoon red wine vinegar
- ☐ 12 cups baby greens
- ☐ 5.5 teaspoons worcestershire sauce

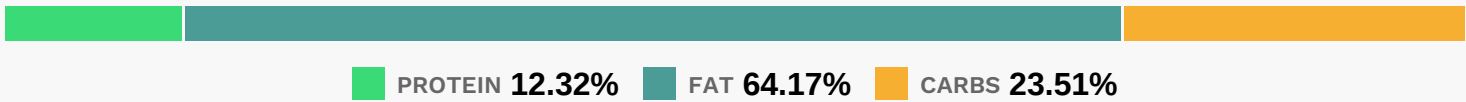
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Whisk first 6 ingredients in small bowl.Gradually whisk in oil, then 1/2 cup cheese.
- ☐ Toss lettuce, croutons, 1/4 cup cheese,and dressing in bowl.
- ☐ Sprinkle with parsleyand season to taste with pepper.
- ☐ Per serving: 258 calories, 19 g fat, 3 g fiber
- ☐ Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:27.67, Glycemic Load:3.83, Inflammation Score:-10, Nutrition Score:19.610869642185%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

## Nutrients (% of daily need)

Calories: 226.92kcal (11.35%), Fat: 16.68g (25.67%), Saturated Fat: 3.81g (23.82%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 10.08g (3.66%), Sugar: 2.41g (2.68%), Cholesterol: 12.48mg (4.16%), Sodium: 387.27mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.41%), Vitamin A: 12995.18IU (259.9%), Vitamin K: 220.75µg (210.24%), Folate: 213.96µg (53.49%), Calcium: 182.85mg (18.28%), Vitamin C: 13.1mg (15.88%),

Manganese: 0.31mg (15.41%), Fiber: 3.67g (14.7%), Phosphorus: 145.96mg (14.6%), Iron: 2.52mg (14.01%), Selenium: 9.76µg (13.95%), Vitamin E: 2.04mg (13.61%), Potassium: 475.78mg (13.59%), Vitamin B1: 0.17mg (11.32%), Vitamin B2: 0.18mg (10.65%), Magnesium: 32.37mg (8.09%), Zinc: 1.07mg (7.12%), Vitamin B6: 0.14mg (7.07%), Vitamin B3: 1.36mg (6.78%), Copper: 0.11mg (5.72%), Vitamin B5: 0.33mg (3.27%), Vitamin B12: 0.19µg (3.09%)