



Caesar-Style Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



108 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup croutons plain
- ☐ 2 garlic cloves pressed
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup parmesan cheese shredded freshly grated
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 head romaine lettuce

☐ 1 teaspoon worcestershire sauce

Equipment

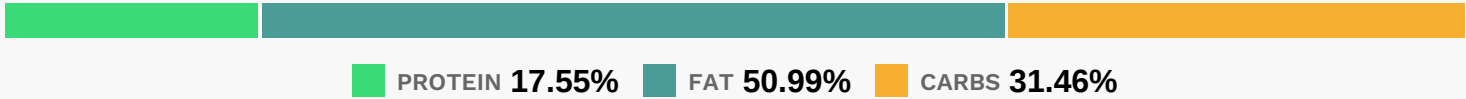
☐ bowl

☐ whisk

Directions

- ☐ Whisk together first 6 ingredients.
- ☐ Place lettuce in a large bowl.
- ☐ Pour olive oil mixture over lettuce, and toss.
- ☐ Sprinkle with cheese, tossing to combine. Top with croutons, and serve immediately.
- ☐ Note: Olive oil mixture may be prepared up to 24 hours ahead. Cover and store in refrigerator until ready to serve.
- ☐ Whisk before serving.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:15.761739053156%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 108.24kcal (5.41%), Fat: 6.44g (9.91%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 6.39g (2.32%), Sugar: 1.76g (1.96%), Cholesterol: 5.67mg (1.89%), Sodium: 480.84mg (20.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin A: 9155.12IU (183.1%), Vitamin K: 109.55µg (104.33%), Folate: 151.93µg (37.98%), Calcium: 141.54mg (14.15%), Vitamin C: 9.86mg (11.95%), Manganese:

0.23mg (11.44%), Fiber: 2.55g (10.2%), Phosphorus: 98.36mg (9.84%), Potassium: 299.85mg (8.57%), Iron: 1.4mg (7.8%), Vitamin B1: 0.12mg (7.71%), Vitamin B2: 0.12mg (6.82%), Selenium: 4.34µg (6.2%), Magnesium: 21.31mg (5.33%), Vitamin B6: 0.11mg (5.26%), Vitamin E: 0.7mg (4.64%), Zinc: 0.54mg (3.58%), Copper: 0.07mg (3.52%), Vitamin B3: 0.65mg (3.25%), Vitamin B5: 0.23mg (2.33%), Vitamin B12: 0.1µg (1.67%)