



California Caesar Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 oz anchovy fillets drained in oil canned
- 2 cups purchased croutons
- 2 teaspoons garlic chopped
- 2 large hard-cooked eggs
- 8 servings juice of lemon
- 0.5 teaspoon oregano dried
- 2 teaspoons paprika
- 0.3 cup parmesan cheese shredded

- 0.5 teaspoon pepper
- 0.3 cup red wine vinegar
- 3 quarts crisped romaine lettuce leaves rinsed
- 0.5 cup salad oil
- 0.3 cup worcestershire

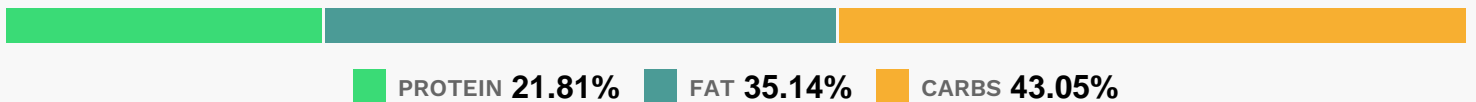
Equipment

- food processor
- bowl
- blender

Directions

- In a blender or food processor, combine anchovy fillets, Worcestershire, vinegar, garlic, paprika, dried oregano, and pepper. Whirl until smoothly pured, scraping container sides as needed. With motor running at high speed, pour in the oil.
- Break romaine leaves into bite-size pieces and put in a wide bowl. Shell eggs, and shred or finely chop and add to lettuce along with croutons and parmesan cheese.
- Add anchovy dressing (about 6 tablespoons) and lemon juice to taste, and mix well.

Nutrition Facts



Properties

Glycemic Index:22.63, Glycemic Load:3.83, Inflammation Score:-10, Nutrition Score:28.153043529262%

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 Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 180.71kcal (9.04%), Fat: 7.56g (11.64%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 12.7g (4.62%), Sugar: 5.7g (6.33%), Cholesterol: 55.48mg (18.49%), Sodium: 536.09mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.57g (21.13%), Vitamin A: 31267.47IU (625.35%), Vitamin K: 368.2µg (350.67%), Folate: 503.53µg (125.88%), Fiber: 8.15g (32.62%), Manganese: 0.65mg (32.33%), Potassium: 1048.75mg (29.96%), Iron: 4.94mg (27.43%), Vitamin C: 21.4mg (25.93%), Vitamin B2: 0.38mg (22.54%), Vitamin B1: 0.33mg (22.05%), Calcium: 210.43mg (21.04%), Selenium: 14.05µg (20.08%), Phosphorus: 193.42mg (19.34%), Vitamin B6: 0.33mg (16.32%), Magnesium: 63.93mg (15.98%), Vitamin B3: 3.09mg (15.42%), Copper: 0.24mg (11.91%), Vitamin E: 1.52mg (10.17%), Zinc: 1.36mg (9.09%), Vitamin B5: 0.83mg (8.34%), Vitamin B12: 0.25µg (4.19%), Vitamin D: 0.42µg (2.78%)