



WHATSheATE



## Carrot Pepperoni Caesar Salad



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



714 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup almonds
- ☐ 1.3 cups caesar dressing
- ☐ 12 carrots chopped
- ☐ 2 cups croutons
- ☐ 2 cups juice of lemon
- ☐ 5 cups lettuce shredded
- ☐ 2 tablespoons oatmeal plain
- ☐ 1 teaspoon parmesan cheese grated

- ☐ 20 slices pepperoni cut into eighths
- ☐ 4 teaspoons vinegar

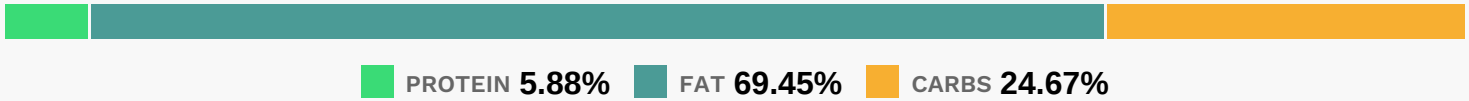
## Equipment

- ☐ bowl

## Directions

- ☐ Toss the carrots, pepperoni, almonds, and lettuce together in a bowl; top with the Parmesan.
- ☐ Drizzle the lemon juice and vinegar over the salad. Scatter the croutons over the salad.
- ☐ Spread the Caesar dressing over the top.
- ☐ Sprinkle the oatmeal over the salad to serve.

## Nutrition Facts



## Properties

Glycemic Index:74.83, Glycemic Load:14.28, Inflammation Score:-10, Nutrition Score:28.850869526034%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg, Eriodictyol: 5.98mg Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg, Hesperetin: 17.65mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

## Nutrients (% of daily need)

Calories: 713.51kcal (35.68%), Fat: 56.67g (87.19%), Saturated Fat: 9.56g (59.74%), Carbohydrates: 45.31g (15.1%), Net Carbohydrates: 36.34g (13.22%), Sugar: 16.13g (17.93%), Cholesterol: 41.32mg (13.77%), Sodium: 1369.07mg (59.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.58%), Vitamin A: 31068.48IU (621.37%), Vitamin K: 128.72µg (122.59%), Vitamin C: 60.77mg (73.66%), Vitamin E: 7.67mg (51.13%), Manganese: 0.8mg

(40.17%), Fiber: 8.97g (35.87%), Potassium: 979.87mg (28%), Folate: 111.58µg (27.9%), Vitamin B1: 0.34mg (22.64%), Vitamin B6: 0.42mg (20.99%), Phosphorus: 196.37mg (19.64%), Vitamin B2: 0.33mg (19.33%), Vitamin B3: 3.71mg (18.54%), Magnesium: 70.18mg (17.55%), Calcium: 170.7mg (17.07%), Iron: 3.01mg (16.73%), Selenium: 11.39µg (16.27%), Copper: 0.26mg (13.2%), Vitamin B5: 1.06mg (10.58%), Zinc: 1.5mg (10.03%), Vitamin B12: 0.17µg (2.84%), Vitamin D: 0.21µg (1.43%)