



Classic Caesar Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 Tbsp anchovy fillets chopped
- 1 cup croutons
- 1 clove garlic minced
- 0.3 tsp ground pepper black
- 1 Tbsp juice of lemon fresh
- 0.3 cup olive oil
- 0.5 cup polly-o parmesan cheese shredded
- 8 cups torn romaine lettuce

0.5 tsp lea & perrins worcestershire sauce

Equipment

bowl

whisk

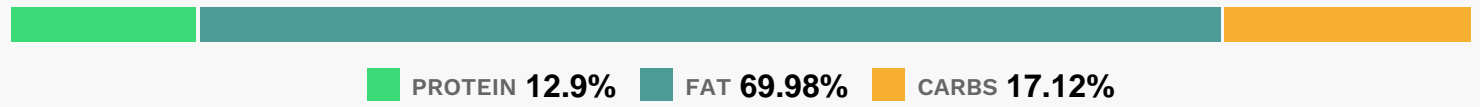
Directions

Beat oil, garlic, juice, Worcestershire sauce and pepper in medium bowl with wire whisk until well blended. Stir in anchovies.

Pour over lettuce in large salad bowl; toss to coat.

Add croutons and cheese; mix lightly.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:1.04, Inflammation Score:-8, Nutrition Score:5.2169564567182%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 59.34kcal (2.97%), Fat: 4.72g (7.26%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.37g (0.41%), Cholesterol: 2.86mg (0.95%), Sodium: 73.11mg (3.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 2210.25IU (44.21%), Vitamin K: 27.98µg (26.65%), Folate: 37.28µg (9.32%), Calcium: 51.53mg (5.15%), Vitamin E: 0.57mg (3.77%), Phosphorus: 35.23mg (3.52%), Manganese: 0.06mg (2.9%), Selenium: 1.99µg (2.85%), Fiber: 0.64g (2.58%), Iron: 0.42mg (2.35%), Vitamin B1: 0.03mg (2.21%), Vitamin B2: 0.04mg (2.15%), Potassium: 75.15mg (2.15%), Vitamin C: 1.48mg (1.79%), Vitamin B3: 0.34mg (1.69%), Magnesium: 6.19mg (1.55%), Vitamin B6: 0.03mg (1.33%), Zinc: 0.19mg (1.25%)