



WHATSheATE



Classic Caesar Salad

READY IN



10 min.

SERVINGS



4

CALORIES



288 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 fillet oil-packed anchovies canned (oil-packed)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 clove garlic
- ☐ 3 inch bread crumbs italian cut into cubes
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 tablespoons olive oil
- ☐ 2.5 oz parmesan grated
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 15 oz the salad italian-style

- ☐ 4 servings salt and pepper
- ☐ 0.5 teaspoon worcestershire sauce

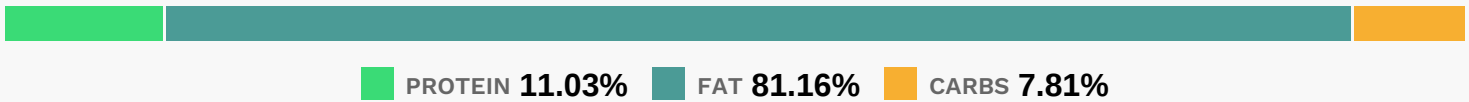
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Line a large, shallow baking sheet with foil.
- ☐ Add bread cubes to pan, drizzle with 2 Tbsp. olive oil, season with pepper and toss well.
- ☐ Bake until lightly toasted, 8 to 10 minutes.
- ☐ Let cool.
- ☐ Mash garlic and anchovies in a large salad bowl with 2 forks to make a coarse paste; season with salt.
- ☐ Whisk in vinegar, lemon juice, mustard and Worcestershire sauce; season with pepper.
- ☐ Whisk in remaining 4 Tbsp. oil until well blended.
- ☐ Add lettuce to salad bowl and toss well.
- ☐ Sprinkle cheese and croutons on top and toss well again.
- ☐ Serve in salad bowls or plates.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:9.2430433890094%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 288.14kcal (14.41%), Fat: 26.43g (40.66%), Saturated Fat: 6.2g (38.74%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.57g (2.03%), Sugar: 0.93g (1.03%), Cholesterol: 12.47mg (4.16%), Sodium: 555.23mg (24.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin C: 26.48mg (32.1%), Vitamin A: 1348.04IU (26.96%), Calcium: 228.61mg (22.86%), Vitamin E: 3.09mg (20.61%), Phosphorus: 170.09mg (17.01%), Vitamin K: 13.04µg (12.42%), Folate: 42.76µg (10.69%), Manganese: 0.18mg (9.08%), Selenium: 5.29µg (7.56%), Vitamin B2: 0.12mg (6.98%), Potassium: 223.2mg (6.38%), Iron: 1.1mg (6.1%), Vitamin B6: 0.11mg (5.7%), Magnesium: 21.5mg (5.37%), Zinc: 0.75mg (4.99%), Vitamin B3: 0.84mg (4.19%), Vitamin B12: 0.22µg (3.62%), Copper: 0.07mg (3.33%), Vitamin B1: 0.05mg (3.14%), Vitamin B5: 0.23mg (2.26%)