



Classic Restaurant Caesar Salad

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



429 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 fillet anchovy
- ☐ 2 tablespoons croutons
- ☐ 1 tablespoon dijon mustard
- ☐ 1 egg yolk
- ☐ 2 cloves garlic finely chopped
- ☐ 1 pinch salt and ground pepper black to taste
- ☐ 0.5 juice of lemon juiced
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 head romaine lettuce chopped
- ☐ 1 dash worcestershire sauce

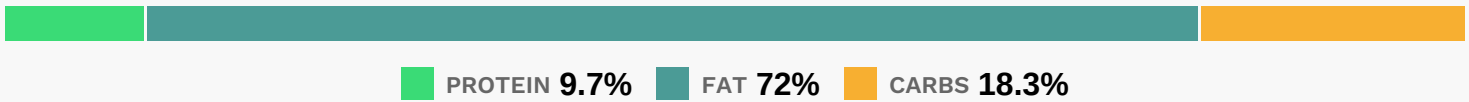
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mash garlic with anchovies in a large salad bowl.
- ☐ Whisk lemon juice, red wine vinegar, Dijon mustard, egg yolk, and Worcestershire sauce into the anchovy mixture until mixture is smooth and creamy. Gradually whisk olive oil into the dressing, pouring the oil into the dressing in a thin stream while stirring constantly. Season with salt and black pepper.
- ☐ Gently mix romaine lettuce and Parmesan cheese into the dressing until thoroughly coated; serve salad topped with croutons.

Nutrition Facts



Properties

Glycemic Index:83, Glycemic Load:7.59, Inflammation Score:-10, Nutrition Score:23.613478256309%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 428.99kcal (21.45%), Fat: 34.91g (53.71%), Saturated Fat: 6.91g (43.18%), Carbohydrates: 19.97g (6.66%), Net Carbohydrates: 15.51g (5.64%), Sugar: 2.3g (2.55%), Cholesterol: 111.68mg (37.22%), Sodium: 436.38mg (18.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.58g (21.17%), Vitamin A: 13878.77IU (277.58%), Vitamin K: 177.2µg (168.76%), Folate: 248.95µg (62.24%), Vitamin E: 4.46mg (29.75%), Selenium: 20.76µg (29.66%), Manganese: 0.43mg (21.59%), Calcium: 206.34mg (20.63%), Phosphorus: 203.61mg (20.36%), Fiber: 4.46g (17.85%), Iron: 3.04mg (16.91%), Vitamin B1: 0.25mg (16.65%), Vitamin B2: 0.26mg (15.36%), Potassium: 502.47mg (14.36%), Vitamin C: 10.27mg (12.45%), Vitamin B3: 2.22mg (11.11%), Vitamin B6: 0.22mg (10.79%), Magnesium: 39.33mg (9.83%), Zinc: 1.44mg (9.57%), Copper: 0.14mg (7.13%), Vitamin B5: 0.69mg (6.85%), Vitamin B12: 0.38µg (6.36%), Vitamin D: 0.55µg (3.66%)