



HEALTH SCORE

54%

Creamy Caesar Salad with Spicy Croutons

READY IN



45 min.

SERVINGS



6

CALORIES



110 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 2 cups sourdough bread cubes ()
- ☐ 0.8 teaspoon cajun spice
- ☐ 2 teaspoons dijon mustard
- ☐ 1 garlic clove halved
- ☐ 1 garlic clove minced
- ☐ 0.5 cup nonfat mayonnaise
- ☐ 2 teaspoons olive oil
- ☐ 1.3 ounces parmesan cheese fresh grated

- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 18 cups torn romaine lettuce
- ☐ 2 teaspoons white wine worcestershire sauce

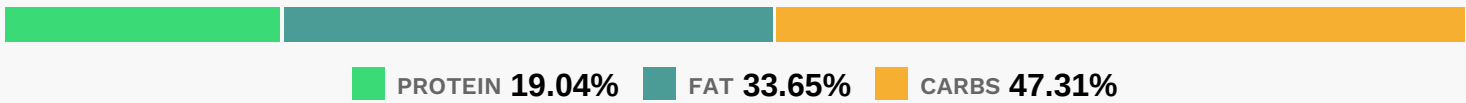
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ microwave

Directions

- ☐ Drop the garlic halves through the opening in blender lid with blender on; process until minced.
- ☐ Add mayonnaise and the next 5 ingredients (mayonnaise through pepper); process until well-blended. Cover and chill at least 1 hour.
- ☐ Combine oil, Cajun seasoning, and minced garlic in a medium microwave-safe bowl. Microwave at high for 20 seconds.
- ☐ Add bread cubes; toss gently to coat.
- ☐ Spread bread cubes in a single layer on a baking sheet; bake at 400 for 15 minutes or until golden brown.
- ☐ Place lettuce in a large bowl.
- ☐ Add dressing; toss gently to coat.
- ☐ Sprinkle with cheese, and top with croutons.

Nutrition Facts



Properties

Glycemic Index:41.08, Glycemic Load:3.9, Inflammation Score:-10, Nutrition Score:17.616086977979%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 110.02kcal (5.5%), Fat: 4.32g (6.65%), Saturated Fat: 1.47g (9.2%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 9.94g (3.62%), Sugar: 4.4g (4.89%), Cholesterol: 6.87mg (2.29%), Sodium: 401.9mg (17.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Vitamin A: 12457.15IU (249.14%), Vitamin K: 150.77µg (143.6%), Folate: 204.25µg (51.06%), Manganese: 0.31mg (15.73%), Fiber: 3.73g (14.93%), Calcium: 135.7mg (13.57%), Vitamin B1: 0.18mg (11.9%), Potassium: 411.14mg (11.75%), Iron: 2.09mg (11.63%), Phosphorus: 105.15mg (10.52%), Vitamin B2: 0.17mg (9.98%), Selenium: 6.13µg (8.75%), Vitamin C: 6.25mg (7.57%), Magnesium: 28.67mg (7.17%), Vitamin B6: 0.14mg (7.06%), Vitamin B3: 1.16mg (5.82%), Copper: 0.1mg (5.14%), Zinc: 0.67mg (4.45%), Vitamin E: 0.53mg (3.54%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.08µg (1.41%)