



Dad's Caesar Salad

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 fillet flat anchovy rinsed
- ☐ 8 servings bell pepper black
- ☐ 1 teaspoon mustard dry
- ☐ 2 cloves garlic peeled halved lengthwise
- ☐ 1 loaf bread french italian cut into 3/4-inch cubes
- ☐ 8 servings kosher salt
- ☐ 6 tablespoons olive oil
- ☐ 2 ounces parmesan curls
- ☐ 2 large hearts romaine cut into 1 1/2-inch slices (12 cups)

- ☐ 5 teaspoons citrus champagne vinegar
- ☐ 1.5 teaspoons worcestershire sauce

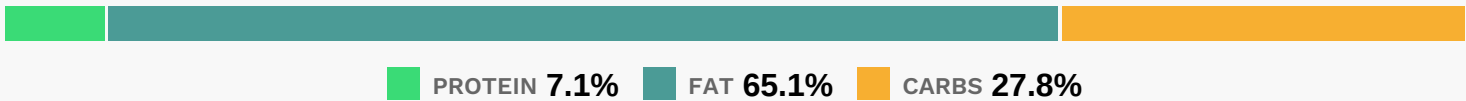
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat oven to 350F. In a saucepan, bring 2 Tbsp. olive oil and garlic to a simmer; season with salt and pepper.
- ☐ Let stand off heat for 10 minutes.
- ☐ Remove and set aside garlic. On a baking sheet, toss bread with oil mixture. Toast for 15 minutes.
- ☐ Mash anchovies and reserved garlic with side of a knife.
- ☐ Transfer to a bowl; whisk in vinegar, Worcestershire, mustard, and salt and pepper to taste.
- ☐ Whisk in remaining 4 Tbsp. olive oil until emulsified.
- ☐ Toss romaine, dressing and croutons in a large bowl. Top with Parmesan curls.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:9.1878260652656%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:

0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 448.09kcal (22.4%), Fat: 32.6g (50.15%), Saturated Fat: 13.53g (84.55%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 28.68g (10.43%), Sugar: 18.03g (20.03%), Cholesterol: 6.02mg (2.01%), Sodium: 537.01mg (23.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (16%), Vitamin A: 2518.51IU (50.37%), Vitamin K: 35.6µg (33.91%), Folate: 75.3µg (18.83%), Vitamin B3: 2.96mg (14.81%), Vitamin E: 1.59mg (10.61%), Fiber: 2.65g (10.59%), Calcium: 100.26mg (10.03%), Iron: 1.77mg (9.81%), Phosphorus: 86.39mg (8.64%), Vitamin B1: 0.11mg (7.19%), Potassium: 223.38mg (6.38%), Vitamin B2: 0.1mg (5.98%), Magnesium: 19.08mg (4.77%), Selenium: 3.08µg (4.39%), Manganese: 0.08mg (4%), Zinc: 0.44mg (2.91%), Vitamin B6: 0.04mg (2.04%), Vitamin C: 1.54mg (1.87%), Vitamin B12: 0.1µg (1.62%), Copper: 0.03mg (1.4%)