



 **64%**
HEALTH SCORE

Deconstructed Pan Grilled Caesar

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Handful flat parsley leaves fresh chopped
- 2 cloves garlic chopped
- 6 servings kosher salt and pepper black freshly ground
- 0.5 optional: lemon
- 1 can anchovy oil from of anchovies packed in olive oil
- 0.3 cup olive oil extra-virgin
- 6 servings parmesan shaved
- 3 heads romaine lettuce hearts

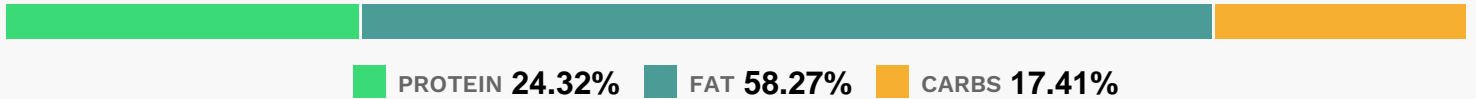
Equipment

- bowl
- grill
- grill pan

Directions

- Heat grill pan over high heat.
- For the salad, in a small bowl combine olive oil, garlic, a few pinches of salt and about 15 grinds pepper.
- Cut lettuce heads in half lengthwise and brush with olive oil mixture.
- Grill lettuce until nicely blackened and wilted. Grill in stages if your grill pan isn't large enough to grill in one stage.
- Transfer lettuce to a serving platter.
- Squeeze lemon over the lettuce.
- Sprinkle shaved Parmesan over the top, drizzle with the anchovy oil and finish with parsley.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:28.761739108873%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 274.91kcal (13.75%), Fat: 18.65g (28.69%), Saturated Fat: 6.5g (40.64%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 5.65g (2.05%), Sugar: 4.21g (4.67%), Cholesterol: 28.48mg (9.49%), Sodium: 855.21mg (37.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.51g (35.03%), Vitamin A: 27559.18IU (551.18%), Vitamin K: 339.02µg (322.87%), Folate: 431.07µg (107.77%), Calcium: 486.13mg (48.61%), Phosphorus: 329.55mg (32.96%), Fiber: 6.89g (27.57%), Manganese: 0.53mg (26.69%), Potassium: 873.93mg (24.97%), Vitamin C: 18.49mg (22.41%), Iron: 3.89mg (21.64%), Selenium: 14.66µg (20.94%), Vitamin B2: 0.35mg (20.44%), Vitamin B1: 0.25mg (16.72%), Magnesium: 65.05mg (16.26%), Vitamin B6: 0.3mg (14.93%), Vitamin B3: 2.98mg (14.89%), Vitamin E: 2.11mg (14.04%), Zinc: 1.8mg (12.01%), Copper: 0.2mg (10.03%), Vitamin B12: 0.44µg (7.39%), Vitamin B5: 0.69mg (6.94%), Vitamin D: 0.31µg (2.08%)