



Eggless Caesar Salad

READY IN



30 min.

SERVINGS



8

CALORIES



223 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 fillet anchovy
- ☐ 2 tablespoons dijon mustard
- ☐ 3 garlic cloves
- ☐ 2 juice of lemon juiced
- ☐ 8 servings kosher salt
- ☐ 8 servings olive oil extra-virgin
- ☐ 1 cup parmesan grated for shaving plus a block
- ☐ 2 hearts romaine lettuce
- ☐ 3 slices day old rustic bread italian cut into 1/2-inch dice

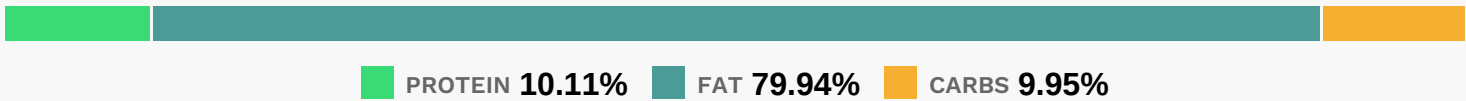
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In the bowl of a food processor add the 1 cup of cheese, the lemon juice, 1 garlic clove, the mustard and the anchovies. Turn the machine on and let it run for 15 to 20 seconds. As the machine is running, drizzle in 1/2 to 3/4 cup olive oil.
- ☐ Let the machine run for another 15 seconds after the oil has incorporated. Season, to taste, with salt.
- ☐ Coat a large saute pan generously with olive oil. Smash 2 garlic cloves and add them to the pan over medium heat. When the garlic cloves have become golden and are very aromatic remove them and discard, they have fulfilled their garlic destiny. Stir in the bread cubes, season with salt, to taste, and saute them until they have absorbed all of the oil and are crispy, but still slightly pliable.
- ☐ Break apart the lettuce leaves. Swish them in cool water, then pat them dry. In a large bowl toss the leaves with the dressing. Arrange the leaves on serving plates and sprinkle with the garlic croutons. Shave some Parmesan over the salads and serve.

Nutrition Facts



Properties

Glycemic Index:11.13, Glycemic Load:0.23, Inflammation Score:-5, Nutrition Score:5.0486956951411%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 223.38kcal (11.17%), Fat: 20.12g (30.95%), Saturated Fat: 5.46g (34.12%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 5.02g (1.83%), Sugar: 2.75g (3.06%), Cholesterol: 9.4mg (3.13%), Sodium: 465.78mg (20.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Calcium: 157.62mg (15.76%), Vitamin K: 15.89µg (15.14%), Vitamin A: 711.29IU (14.23%), Vitamin E: 2.09mg (13.91%), Phosphorus: 100.61mg (10.06%), Selenium: 4.83µg (6.9%), Vitamin C: 3.55mg (4.3%), Folate: 17.05µg (4.26%), Vitamin B2: 0.06mg (3.62%), Vitamin B3: 0.64mg (3.2%), Iron: 0.54mg (3.01%), Zinc: 0.44mg (2.95%), Magnesium: 10.91mg (2.73%), Vitamin B12: 0.16µg (2.65%), Manganese: 0.05mg (2.51%), Fiber: 0.62g (2.47%), Vitamin B1: 0.03mg (2.16%), Potassium: 68.85mg (1.97%), Vitamin B6: 0.04mg (1.93%), Vitamin B5: 0.1mg (1.04%)