



Greek Caesar Salad

 Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings croutons
- ☐ 0.3 cup egg substitute
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 garlic cloves pressed
- ☐ 0.8 cup kalamata olives
- ☐ 0.3 cup juice of lemon
- ☐ 0.8 cup olive oil
- ☐ 1 teaspoon oregano dried

- ☐ 0.1 teaspoon pepper
- ☐ 1 small onion red thinly sliced
- ☐ 1 head romaine lettuce
- ☐ 0.3 teaspoon salt

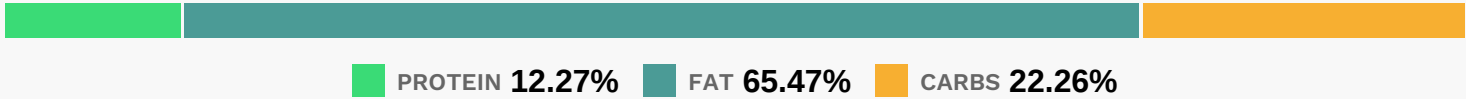
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together olive oil and next 6 ingredients in a small bowl. Cover and chill up to 2 days.
- ☐ Combine lettuce and next 3 ingredients in a large bowl; gradually add enough olive oil mixture to coat leaves, tossing gently.
- ☐ Sprinkle with croutons, and serve with remaining olive oil mixture.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:17.371739050616%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg, Quercetin: 6.07mg

Nutrients (% of daily need)

Calories: 143.98kcal (7.2%), Fat: 11.11g (17.09%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 5.19g (1.89%), Sugar: 2.59g (2.88%), Cholesterol: 11.13mg (3.71%), Sodium: 539.08mg (23.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Vitamin A: 9235.97IU (184.72%), Vitamin K:

112.9µg (107.53%), Folate: 155.66µg (38.92%), Vitamin B2: 0.23mg (13.37%), Fiber: 3.31g (13.26%), Calcium: 125.15mg (12.51%), Vitamin E: 1.82mg (12.12%), Vitamin C: 9.83mg (11.92%), Manganese: 0.23mg (11.73%), Selenium: 7.21µg (10.3%), Potassium: 341.16mg (9.75%), Vitamin B6: 0.19mg (9.58%), Iron: 1.64mg (9.09%), Phosphorus: 90.67mg (9.07%), Vitamin B1: 0.13mg (8.64%), Magnesium: 24.32mg (6.08%), Zinc: 0.77mg (5.14%), Vitamin B5: 0.49mg (4.89%), Copper: 0.09mg (4.63%), Vitamin B12: 0.25µg (4.09%), Vitamin B3: 0.61mg (3.06%), Vitamin D: 0.21µg (1.4%)