



WHATSheATE



## Green Bean Caesar Salad with Baby Romaine Lettuces

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 fillet anchovy minced drained in oil
- ☐ 4 slices bacon
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large egg yolk
- ☐ 2 teaspoons tarragon fresh chopped
- ☐ 2 tablespoons tarragon fresh
- ☐ 1 garlic clove minced

- ☐ 2 garlic clove paper-thin cut lengthwise into slices
- ☐ 1 pound haricots verts french trimmed (haricots verts)
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon parmesan cheese finely grated
- ☐ 0.5 teaspoon pepper
- ☐ 10 cups the of 1 cos lettuce mixed green red loosely packed
- ☐ 8 servings the salad
- ☐ 0.5 teaspoon sea salt fine
- ☐ 8 servings salt and pepper fine
- ☐ 8 servings the dressing

## Equipment

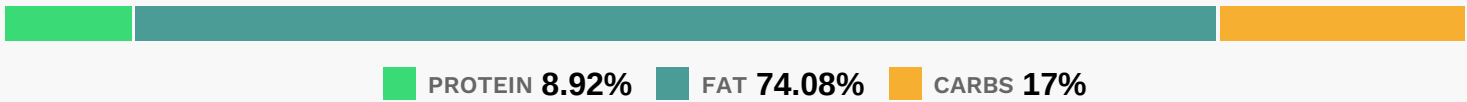
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Make dressing: Shake all dressing ingredients together in a medium glass jar. Chill until ready to use.
- ☐ Make salad: Boil beans until crisp-tender, about 3 minutes.
- ☐ Drain. Scoop into a bowl of ice water to cool; drain again. Cook bacon in a large frying pan over medium heat until crisp, about 10 minutes, and drain on paper towels.
- ☐ Pour out bacon fat and wipe pan clean. Swirl in oil, then add bread cubes and toast, stirring often, until golden brown, about 5 minutes.
- ☐ Drain on paper towels and season with salt and pepper.
- ☐ Put beans, lettuces, garlic slices, and tarragon leaves in a large bowl and toss with just enough dressing to coat well. Top with bacon and croutons.

- ☐ \*If you're serving this to people with compromised immune systems, use pasteurized yolks (find in the egg case at the grocery store) or omit.
- ☐ Make-ahead & packing tips: Prep everything up to 1 day ahead. Pack beans in a container; top with lettuces, then garlic and tarragon. Pack bacon in a small container and chill. Store croutons airtight at room temperature, then add in the bacon before leaving home.

## Nutrition Facts



### Properties

Glycemic Index:38.75, Glycemic Load:1.91, Inflammation Score:-10, Nutrition Score:18.151739275974%

### Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

### Nutrients (% of daily need)

Calories: 215.01kcal (10.75%), Fat: 18.53g (28.51%), Saturated Fat: 3.66g (22.86%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 6.54g (2.38%), Sugar: 2.89g (3.21%), Cholesterol: 31.76mg (10.59%), Sodium: 464.03mg (20.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin A: 6100.15IU (122%), Vitamin K: 93.05µg (88.62%), Folate: 123.7µg (30.93%), Vitamin C: 21.58mg (26.15%), Manganese: 0.5mg (24.75%), Vitamin E: 2.26mg (15.07%), Iron: 2.39mg (13.29%), Vitamin B6: 0.26mg (13.25%), Potassium: 442.27mg (12.64%), Fiber: 3.02g (12.1%), Vitamin B2: 0.18mg (10.38%), Vitamin B1: 0.15mg (9.74%), Phosphorus: 94.97mg (9.5%), Magnesium: 37.73mg (9.43%), Calcium: 85.12mg (8.51%), Vitamin B3: 1.62mg (8.11%), Selenium: 5.25µg (7.5%), Copper: 0.12mg (5.89%), Zinc: 0.69mg (4.59%), Vitamin B5: 0.41mg (4.09%), Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.16µg (1.08%)