



Grilled Caesar Salad

READY IN



25 min.

SERVINGS



10

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 ounce diagonally bread french cut (1/)
- 7 fillet anchovy canned divided rinsed drained
- 1 teaspoon dijon mustard
- 1 large pasteurized egg yolk
- 3 garlic cloves divided
- 0.3 cup juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 0.3 cup parmigiano-reggiano cheese shaved

- 3 romaine lettuce hearts cut in half lengthwise (24 ounces)
- 0.3 teaspoon salt

Equipment

- bowl
- paper towels
- blender
- grill

Directions

- Preheat grill to high.
- Coat bread slices with cooking spray.
- Place the bread on grill rack coated with cooking spray; grill for 1 minute or until golden, turning once.
- Remove bread from grill.
- Cut 1 garlic clove in half; rub both sides of bread with cut sides of garlic clove. Discard clove.
- Pat anchovy fillets dry with a paper towel.
- Combine remaining 2 garlic cloves, 2 anchovy fillets, juice, mustard, pepper, salt, and egg yolk in a blender; process until smooth. With blender on, add oil, 1 tablespoon at a time; process until smooth.
- Place lettuce, cut sides down, on a grill rack coated with cooking spray; grill 2 minutes. Turn; grill 1 minute.
- Remove from heat; coarsely chop lettuce.
- Place lettuce in a large bowl; drizzle with dressing, tossing gently to coat.
- Cut remaining 5 anchovy fillets in half lengthwise. Arrange about 3/4 cup salad on each of 10 plates; top each serving with 1 bread slice and 1 anchovy half.
- Sprinkle each serving with about 1 1/2 teaspoons Parmigiano-Reggiano.

Nutrition Facts



■ PROTEIN 10.42% ■ FAT 79.38% ■ CARBS 10.2%

Properties

Glycemic Index:20.15, Glycemic Load:0.69, Inflammation Score:-5, Nutrition Score:3.2230434987856%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 76.27kcal (3.81%), Fat: 6.88g (10.58%), Saturated Fat: 1.49g (9.29%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.37g (0.41%), Cholesterol: 21.22mg (7.07%), Sodium: 153.09mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin A: 783.82IU (15.68%), Vitamin K: 12.21µg (11.63%), Vitamin E: 0.88mg (5.86%), Calcium: 49.64mg (4.96%), Folate: 17.27µg (4.32%), Selenium: 2.93µg (4.18%), Phosphorus: 38.1mg (3.81%), Vitamin C: 2.98mg (3.61%), Manganese: 0.05mg (2.68%), Vitamin B2: 0.04mg (2.16%), Iron: 0.31mg (1.73%), Vitamin B1: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.64%), Zinc: 0.2mg (1.33%), Vitamin B12: 0.08µg (1.32%), Vitamin B3: 0.26mg (1.3%), Potassium: 43.17mg (1.23%), Magnesium: 4.67mg (1.17%), Fiber: 0.29g (1.17%), Vitamin B5: 0.11mg (1.05%)