



Grilled Caesar Salad

READY IN



23 min.

SERVINGS



15

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 crusty baguette sliced in half lengthwise
- 3 fillet anchovy tinned
- 1 tablespoon dijon mustard
- 3 cloves garlic minced cut in half
- 1 tablespoon juice of lemon
- 0.3 cup mayonnaise reduced-fat
- 0.5 cup olive oil
- 2 tablespoons parmesan grated
- 0.3 cup red wine vinegar

- 3 baby greens halved lengthwise (keep root intact)
- 15 servings salt and pepper
- 1 tablespoon cream fat-free sour
- 1 teaspoon worcestershire sauce

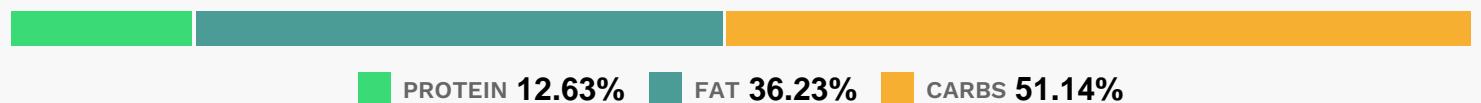
Equipment

- bowl
- blender
- grill

Directions

- Make dressing: Puree mayonnaise, sour cream, vinegar, minced garlic, anchovies, lemon juice, Worcestershire sauce and mustard in blender until smooth. With motor running, drizzle in 1/2 cup oil and blend. Season lightly with salt and pepper. Cover and refrigerate.
- Preheat grill to medium-high.
- Brush cut side of bread with some of remaining oil. Grill bread, turning once, until toasted, 3 to 5 minutes.
- Remove bread from grill and rub with cut side of halved garlic clove.
- Cut into 1-inch pieces.
- Brush all sides of lettuce with remaining oil; sprinkle with salt and pepper. Grill lettuce, turning frequently, until lightly charred around edges, 2 to 3 minutes.
- Chop lettuce and divide among 6 bowls.
- Sprinkle with Parmesan, scatter baguette pieces over and drizzle with some of the dressing.
- Serve immediately, passing additional dressing on the side.

Nutrition Facts



Properties

Glycemic Index:10.72, Glycemic Load:5.57, Inflammation Score:-8, Nutrition Score:6.0252173369669%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 75.67kcal (3.78%), Fat: 3.04g (4.68%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.78g (3.19%), Sugar: 1.28g (1.42%), Cholesterol: 1.6mg (0.53%), Sodium: 358.77mg (15.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.77%), Vitamin A: 1979.86IU (39.6%), Vitamin K: 26.58µg (25.31%), Folate: 49.25µg (12.31%), Vitamin B1: 0.12mg (7.88%), Manganese: 0.13mg (6.5%), Selenium: 3.97µg (5.67%), Iron: 0.91mg (5.04%), Vitamin B3: 0.96mg (4.78%), Vitamin B2: 0.08mg (4.48%), Calcium: 37.83mg (3.78%), Fiber: 0.88g (3.53%), Phosphorus: 32.59mg (3.26%), Potassium: 92.1mg (2.63%), Vitamin E: 0.38mg (2.52%), Magnesium: 9.18mg (2.29%), Vitamin B6: 0.04mg (2.23%), Copper: 0.04mg (1.89%), Vitamin C: 1.55mg (1.88%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.11mg (1.13%)