



Grilled Caesar Salad with Yellow Miso

READY IN



30 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 a baguette french sliced lengthwise
- 3 cloves garlic grated
- 3 juice of lemon
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup miso paste yellow
- 0.8 cup olive oil extra-virgin
- 2 ounces parmesan finely grated
- 1 head radicchio thinly
- 2 baby greens

- 1 pound shrimp deveined peeled

Equipment

- bowl
- whisk
- mixing bowl
- grill
- grill pan

Directions

- Whisk the miso, garlic, lemon zest and lemon juice with 2/3 cup of the oil in a bowl until smooth.
- Whisk in 1/4 cup water to thin out the dressing.
- Add 1 cup of the Parmesan and stir to combine. Season with salt and pepper.
- Preheat a large grill pan or outdoor grill to medium-high heat.
- Cut the romaine and radicchio in quarters lengthwise, leaving some of the stem attached to each quarter.
- Brush the romaine and radicchio liberally with the miso Caesar dressing. Grill until the outer leaves are lightly charred, about 3 minutes total. Do not crowd the grill; grill in batches if needed.
- Toss the shrimp with 1 tablespoon of the oil and sprinkle lightly with salt and pepper. Grill until slightly charred on both sides and just cooked through, 3 to 5 minutes total.
- Transfer to a mixing bowl and toss with 2 tablespoons of the miso Caesar dressing.
- Brush the inside of the baguette with the remaining oil and sprinkle liberally with salt and pepper.
- Place cut-side down on the grill and cook until lightly charred and warmed through, about 3 minutes.
- Cut into 4 equal pieces.
- To assemble, divide the grilled romaine and radicchio among 4 large plates. Scatter an equal amount of shrimp on each plate and sprinkle everything with the remaining Parmesan.
- Serve with the grilled bread and remaining miso Caesar dressing on the side.

Nutrition Facts

PROTEIN 36.39% FAT 34.38% CARBS 29.23%

Properties

Glycemic Index:55.44, Glycemic Load:13.45, Inflammation Score:-10, Nutrition Score:26.680434640335%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 26.66mg, Luteolin: 26.66mg, Luteolin: 26.66mg, Luteolin: 26.66mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.42mg, Quercetin: 23.42mg, Quercetin: 23.42mg, Quercetin: 23.42mg

Nutrients (% of daily need)

Calories: 384.13kcal (19.21%), Fat: 14.98g (23.05%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 24.81g (9.02%), Sugar: 4.68g (5.2%), Cholesterol: 192.21mg (64.07%), Sodium: 1430.65mg (62.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.69g (71.38%), Vitamin K: 249.38µg (237.51%), Vitamin A: 5072.79IU (101.46%), Phosphorus: 457.52mg (45.75%), Copper: 0.86mg (42.97%), Folate: 162.21µg (40.55%), Calcium: 324.17mg (32.42%), Manganese: 0.62mg (30.97%), Potassium: 783.85mg (22.4%), Zinc: 3.35mg (22.3%), Magnesium: 84.14mg (21.04%), Vitamin C: 17.27mg (20.93%), Vitamin E: 2.98mg (19.88%), Iron: 3.41mg (18.96%), Vitamin B1: 0.27mg (18.12%), Selenium: 11.37µg (16.24%), Vitamin B2: 0.26mg (15.54%), Fiber: 3.85g (15.4%), Vitamin B6: 0.21mg (10.56%), Vitamin B3: 2.06mg (10.29%), Vitamin B5: 0.57mg (5.72%), Vitamin B12: 0.19µg (3.14%)