



Grilled Kale Caesar Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 fillet anchovy minced
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup croutons
- ☐ 0.3 cup dijon mustard
- ☐ 4 teaspoons garlic minced
- ☐ 2 bunches kale
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 6 tablespoons mayonnaise

- ☐ 6 tablespoons olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 teaspoons worcestershire

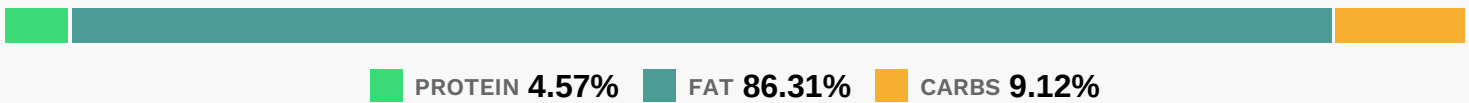
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare a grill for medium heat (about 350; you can hold your hand 5 in. above cooking grate only 6 seconds). In a large bowl, whisk together mayonnaise, oil, mustard, parmesan, lemon juice, Worcestershire, garlic, anchovies, and 1/4 cup water.
- ☐ Pour half the dressing into a small bowl and set aside.
- ☐ Working in batches, lay kale flat on the grill and cook on both sides until edges get brown and crispy and kale starts to wilt, about 4 minutes total.
- ☐ Let cool slightly, then add to the dressing in the large bowl and toss to coat. Evenly divide kale among 4 salad plates. Top with croutons and a sprinkle of pepper.
- ☐ Serve extra dressing on the side.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:4.11, Inflammation Score:-2, Nutrition Score:7.6799999475479%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 410.69kcal (20.53%), Fat: 39.86g (61.32%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.28g (3.01%), Sugar: 0.87g (0.96%), Cholesterol: 17.03mg (5.68%), Sodium: 510.74mg (22.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Vitamin K: 47.71µg (45.44%), Vitamin E: 3.84mg (25.6%), Selenium: 12.78µg (18.26%), Manganese: 0.19mg (9.75%), Calcium: 88.77mg (8.88%), Phosphorus: 84.41mg (8.44%), Iron: 1.12mg (6.23%), Vitamin B1: 0.09mg (6.18%), Vitamin B3: 1.13mg (5.66%), Vitamin C: 4.29mg (5.2%), Fiber: 1.2g (4.8%), Vitamin B2: 0.08mg (4.49%), Zinc: 0.6mg (4.03%), Magnesium: 15.94mg (3.98%), Folate: 14.66µg (3.67%), Vitamin B6: 0.07mg (3.42%), Potassium: 112.04mg (3.2%), Copper: 0.06mg (2.92%), Vitamin B12: 0.14µg (2.37%), Vitamin B5: 0.19mg (1.92%), Vitamin A: 85.31IU (1.71%)