



Grilled Romaine with Spicy Caesar Dressing

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 3 anchovies
- ☐ 0.5 cup canola oil plus more for brushing on the romaine
- ☐ 1 chipotle in adobo
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoons honey
- ☐ 2 dashes hot sauce
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 cup parmesan grated shaved for garnish

- ☐ 0.3 small onion red coarsely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 cloves roasted garlic
- ☐ 1 large head romaine lettuce cut in half from tip to root
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 teaspoons worcestershire sauce

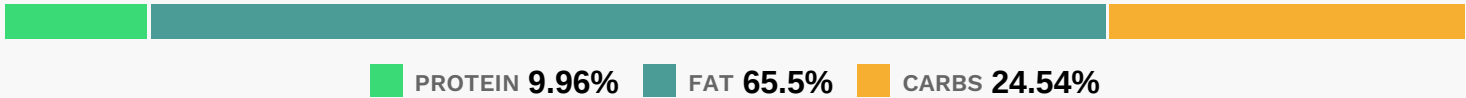
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ Place mayonnaise, mustard, Worcestershire, vinegar, onion, garlic, anchovies, chipotle, hot sauce, honey and salt and pepper in a blender and blend until smooth. With the motor running, slowly add the oil and blend until emulsified.
- ☐ Add the Parmesan and blend a few seconds longer.
- ☐ Heat grill to high.
- ☐ Brush romaine with oil and season with salt and pepper; place on the grill cut-side down and grill for 30 to 40 seconds or until slightly charred. Arrange lettuce on large platter, drizzle with the dressing and garnish with shaved Parmesan.

Nutrition Facts



Properties

Glycemic Index:62.57, Glycemic Load:2.92, Inflammation Score:-10, Nutrition Score:18.499130480963%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 210.13kcal (10.51%), Fat: 15.84g (24.37%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 9.28g (3.38%), Sugar: 7.22g (8.03%), Cholesterol: 10.46mg (3.49%), Sodium: 265.92mg (11.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.84%), Vitamin A: 13694.68IU (273.89%), Vitamin K: 181.98µg (173.32%), Folate: 216.14µg (54.04%), Manganese: 0.37mg (18.34%), Fiber: 4.07g (16.28%), Calcium: 147.41mg (14.74%), Potassium: 470.66mg (13.45%), Iron: 2.15mg (11.97%), Phosphorus: 113.45mg (11.35%), Vitamin E: 1.58mg (10.54%), Vitamin C: 8.68mg (10.52%), Vitamin B6: 0.19mg (9.74%), Vitamin B1: 0.14mg (9.29%), Vitamin B2: 0.15mg (8.86%), Selenium: 5.38µg (7.68%), Magnesium: 30.58mg (7.64%), Copper: 0.11mg (5.72%), Vitamin B3: 1.02mg (5.08%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.34mg (3.4%), Vitamin B12: 0.11µg (1.77%)