



Knife and Fork Grilled Caesar Salad

READY IN



25 min.

SERVINGS



4

CALORIES



682 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 long baguette thin
- ☐ 1 cup caesar dressing to taste
- ☐ 2 cloves garlic halved
- ☐ 4 servings salt and coarsely ground pepper black to taste
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 cup parmesan cheese shavings
- ☐ 1 head romaine lettuce cut into quarters
- ☐ 1 small tomatoes halved seeded

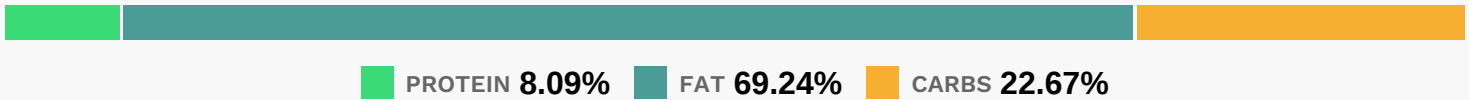
Equipment

☐ grill

Directions

- ☐ Preheat grill for low heat and lightly oil the grate.
- ☐ Cut baguette on a severely sharp diagonal to make 4 long slices about 1/2-inch thick. Lightly brush each cut side with about half of the olive oil.
- ☐ Grill baguette slices on the preheated grill until lightly crispy, 2 to 3 minutes per side. Rub each side of baguette slices with the cut-side of garlic and cut-side of tomatoes. Set aside to cool.
- ☐ Brush 2 cut sides of romaine quarters with remaining olive oil.
- ☐ Grill romaine quarters until lightly seared, 2 to 3 minutes per side.
- ☐ Sprinkle grilled romaine with salt and set aside to cool.
- ☐ Place a grilled romaine quarter, cut-side up, on top of a grilled baguette slice.
- ☐ Drizzle each with Caesar dressing and top with Parmesan cheese. Season with salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:49.69, Glycemic Load:21.12, Inflammation Score:-10, Nutrition Score:26.451304148073%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 681.83kcal (34.09%), Fat: 52.92g (81.41%), Saturated Fat: 9.49g (59.3%), Carbohydrates: 39g (13%), Net Carbohydrates: 33.78g (12.28%), Sugar: 7.16g (7.95%), Cholesterol: 31.41mg (10.47%), Sodium: 1311.58mg (57.03%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.81%), Vitamin A: 13938.94IU (278.78%), Vitamin K: 234.3µg (223.14%), Folate: 285.24µg (71.31%), Vitamin E: 5.27mg (35.11%), Vitamin B1: 0.5mg (33.25%), Manganese: 0.62mg (31.06%), Calcium: 299.04mg (29.9%), Iron: 4.58mg (25.46%), Selenium: 15.35µg (21.92%), Phosphorus: 212.15mg (21.22%), Vitamin B2: 0.36mg (21.12%), Fiber: 5.22g (20.89%), Vitamin B3: 3.53mg (17.66%), Potassium: 553.99mg (15.83%), Vitamin B6: 0.24mg (12.2%), Vitamin C: 10.02mg (12.15%), Magnesium: 47.88mg (11.97%), Copper: 0.18mg (8.99%), Zinc: 1.32mg (8.8%), Vitamin B5: 0.59mg (5.94%), Vitamin B12: 0.17µg (2.79%)