



Mexican Caesar Salad

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 3 tablespoons feta cheese crumbled
- ☐ 1 tomato-flavor flour tortilla
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.7 cup nonfat sour reduced-fat
- ☐ 2 tablespoons roasted pumpkin seed shelled
- ☐ 8 cups crisped romaine lettuce in bite-size pieces rinsed

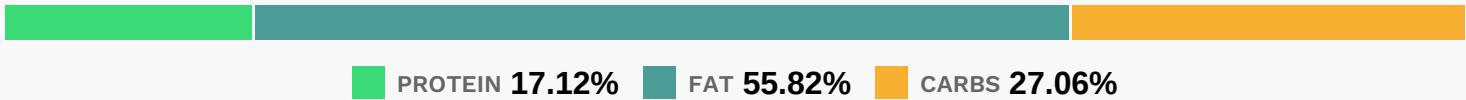
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Cut tortilla into strips about 1/4 inch wide and 2 inches long. Arrange in single layer in pan about 10 by 15 inches.
- ☐ Bake in a 400 oven until strips are crisp, about 10 minutes.
- ☐ Meanwhile, in a blender or food processor, whirl the sour cream, garlic, lemon juice, anchovy paste, and cilantro until cilantro is finely chopped.
- ☐ Place lettuce in a wide bowl, add dressing, and mix. Top with tortilla strips, pumpkin seed, and cheese.
- ☐ Mix to serve.

Nutrition Facts



Properties

Glycemic Index:22.17, Glycemic Load:0.93, Inflammation Score:-10, Nutrition Score:13.709130401197%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg 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: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 106.89kcal (5.34%), Fat: 6.92g (10.65%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 5.83g (2.12%), Sugar: 1.17g (1.3%), Cholesterol: 17.78mg (5.93%), Sodium: 215.4mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.78g (9.55%), Vitamin A: 5588.43IU (111.77%), Vitamin K: 65.72µg (62.59%), Folate: 98.68µg (24.67%), Manganese: 0.29mg (14.33%), Phosphorus: 122mg (12.2%), Calcium: 112.23mg (11.22%), Vitamin B2: 0.17mg (10.03%), Magnesium: 35.27mg (8.82%), Potassium: 263.46mg (7.53%), Vitamin B1: 0.11mg (7.08%), Selenium: 4.84µg (6.92%), Iron: 1.24mg (6.89%), Fiber: 1.72g (6.88%), Vitamin C: 4.93mg (5.97%), Zinc: 0.85mg (5.66%), Vitamin B6: 0.11mg (5.35%), Vitamin B3: 0.99mg (4.97%), Copper: 0.09mg (4.73%), Vitamin B12: 0.26µg (4.4%), Vitamin B5: 0.23mg (2.28%), Vitamin E: 0.31mg (2.05%)