



WHATShEATE



Mixed Green Caesar Salad



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 fillet anchovy mashed



4 cups bite-size pieces of arugula 2 bunches



2 teaspoons dijon mustard



1 large garlic clove minced



2 tablespoons juice of lemon fresh



0.3 cup olive oil



0.3 cup parmesan cheese freshly grated



0.3 teaspoon pepper freshly ground

- ☐ 4 cups bite-size pieces of romaine lettuce
- ☐ 0.5 teaspoon salt
- ☐ 1 large shallots minced
- ☐ 2 ounces walnut halves

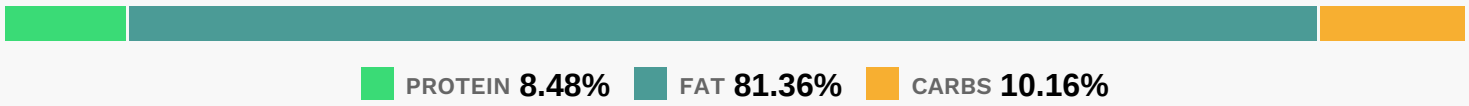
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 50
- ☐ Spread the walnuts on a baking sheet and toast in the oven for about 6 minutes, or until golden brown.
- ☐ Transfer to a plate and let cool.
- ☐ In a small bowl, combine the shallot, garlic, anchovies and their oil, lemon juice, mustard, salt, and pepper. Using a fork, whisk in the olive oil until smooth.
- ☐ Just before serving, combine the romaine and arugula in a large salad bowl.
- ☐ Pour the dressing over the greens and toss well.
- ☐ Add the toasted nuts and the Parmesan. Toss again and serve.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.68, Inflammation Score:-10, Nutrition Score:16.288695431922%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 263.07kcal (13.15%), Fat: 24.98g (38.43%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.07g (2.3%), Cholesterol: 6.64mg (2.21%), Sodium: 440.33mg (19.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.71%), Vitamin A: 4629.42IU (92.59%), Vitamin K: 78.9µg (75.14%), Manganese: 0.69mg (34.32%), Folate: 101.61µg (25.4%), Vitamin E: 2.26mg (15.05%), Copper: 0.28mg (14.13%), Calcium: 126.15mg (12.62%), Phosphorus: 125.04mg (12.5%), Magnesium: 44.75mg (11.19%), Vitamin C: 8.71mg (10.56%), Fiber: 2.63g (10.54%), Potassium: 308.77mg (8.82%), Vitamin B6: 0.17mg (8.49%), Iron: 1.48mg (8.21%), Vitamin B1: 0.11mg (7.04%), Selenium: 4.91µg (7.01%), Zinc: 1mg (6.67%), Vitamin B2: 0.1mg (5.98%), Vitamin B3: 0.69mg (3.46%), Vitamin B5: 0.31mg (3.1%), Vitamin B12: 0.1µg (1.61%)