



Mommy Anderson's Caesar

READY IN



20 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 to 3 anchovies drained and rinsed
- ☐ 0.3 cup asiago cheese shaved
- ☐ 1 small ciabatta loaf cubed
- ☐ 1 egg yolk See Disclaimer
- ☐ 1 to 2 garlic cloves pressed
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings olive oil extra-virgin
- ☐ 2 heads romaine lettuce hearts
- ☐ 4 servings salt and pepper black freshly ground

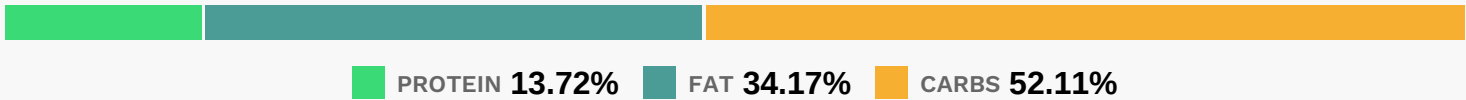
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large frying pan, add enough oil to coat the bottom of the pan and toast cubed bread over medium heat until golden brown.
- ☐ Remove from heat, season with salt to taste and reserve.
- ☐ In a large bowl add garlic, anchovies, salt and pepper, to taste. Mash with the back of a fork.
- ☐ Whisk in the yolk and lemon juice.
- ☐ Slowly drizzle in oil, whisking until emulsified. Taste and adjust seasoning.
- ☐ Add lettuce, cheese, and croutons and toss to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.14, Inflammation Score:-10, Nutrition Score:24.608695636625%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg, Quercetin: 6.91mg

Nutrients (% of daily need)

Calories: 478.4kcal (23.92%), Fat: 18.65g (28.69%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 56.13g (20.41%), Sugar: 3.9g (4.34%), Cholesterol: 54.05mg (18.02%), Sodium: 681.12mg

(29.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.84g (33.68%), Vitamin A: 27377.84IU (547.56%), Vitamin K: 329.57µg (313.88%), Folate: 433.66µg (108.41%), Fiber: 7.86g (31.45%), Manganese: 0.52mg (25.8%), Potassium: 799.76mg (22.85%), Calcium: 188.2mg (18.82%), Iron: 3.38mg (18.77%), Vitamin C: 14.21mg (17.22%), Vitamin E: 2.57mg (17.14%), Phosphorus: 159.91mg (15.99%), Vitamin B1: 0.24mg (15.96%), Vitamin B2: 0.26mg (15.35%), Vitamin B6: 0.27mg (13.36%), Magnesium: 48.2mg (12.05%), Selenium: 6.02µg (8.6%), Copper: 0.16mg (8.2%), Zinc: 1.04mg (6.94%), Vitamin B3: 1.29mg (6.44%), Vitamin B5: 0.63mg (6.31%), Vitamin B12: 0.18µg (2.92%), Vitamin D: 0.27µg (1.83%)