



No Guilt Caesar

READY IN



10 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 2 cloves garlic
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 ounces parmesan cubed
- ☐ 1 cup silken tofu soft
- ☐ 5.5 teaspoons citrus champagne vinegar
- ☐ 5.5 teaspoon worcestershire sauce

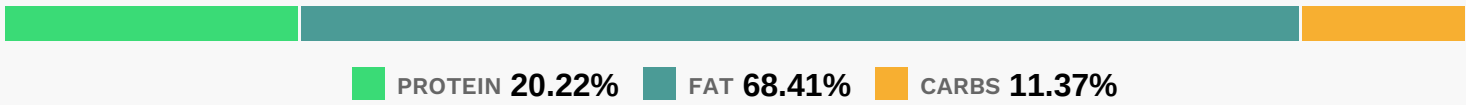
Equipment

☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Starting on the lowest speed, chop the cheese cubes in the blender jar until it settles into the bottom of the jar, gradually increasing the speed.
- ☐ Add the garlic down the chute and chop until minced.
- ☐ Next, add the mustard, white wine vinegar, Worcestershire sauce, salt and pepper, and tofu to the blender and blend until smooth. While the blender is running, drizzle olive oil down the middle of the vortex that has formed.
- ☐ Add more or less of the olive oil and blend until it reaches salad dressing consistency.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:5.1130434728187%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 164.51kcal (8.23%), Fat: 12.52g (19.26%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.26g (1.55%), Sugar: 1.83g (2.04%), Cholesterol: 9.64mg (3.21%), Sodium: 430.43mg (18.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.65%), Calcium: 203.03mg (20.3%), Phosphorus: 150.98mg (15.1%), Selenium: 5.99µg (8.56%), Copper: 0.15mg (7.73%), Magnesium: 28.75mg (7.19%), Vitamin E: 1.07mg (7.16%), Iron: 1.26mg (6.98%), Potassium: 205.86mg (5.88%), Vitamin B1: 0.09mg (5.84%), Zinc: 0.78mg (5.21%), Vitamin B2: 0.09mg (5.18%), Vitamin K: 4.72µg (4.49%), Manganese: 0.07mg (3.28%), Vitamin B12: 0.17µg (2.83%), Vitamin A: 122.82IU (2.46%), Vitamin B6: 0.04mg (2.16%), Vitamin C: 1.6mg (1.95%), Fiber: 0.42g (1.68%), Vitamin B3: 0.33mg (1.63%)