



HEALTH SCORE

100%

No-Guilt Caesar Salad



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 16 croutons
- ☐ 0.5 tablespoon dijon mustard
- ☐ 1 teaspoon garlic minced
- ☐ 2.5 tablespoons olive oil
- ☐ 2 tablespoons parmesan grated
- ☐ 4 tablespoons parmesan grated
- ☐ 3 heads romaine lettuce hearts

- ☐ 0.3 teaspoon salt
- ☐ 2 ounces silken tofu drained
- ☐ 0.5 teaspoon white-wine vinegar
- ☐ 0.5 teaspoon worcestershire sauce

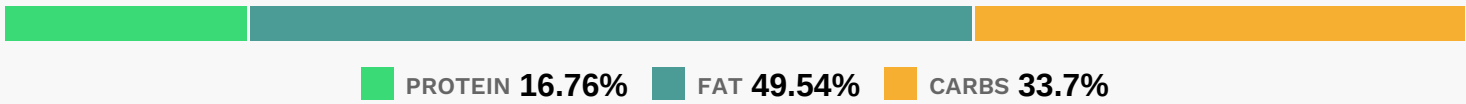
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a blender, combine 2 tablespoons Parmesan, Dijon mustard, minced garlic, white-wine vinegar, Worcestershire sauce, drained silken tofu, salt, and black pepper.
- ☐ Add to running blender 1 1/2 tablespoons olive oil in stream until blended (1-2 minutes).
- ☐ Add 1 more tablespoon olive oil; blend (1-2 minutes). Divide torn romaine lettuce hearts among 4 bowls; top each with 2 tablespoons dressing, 1 tablespoon grated Parmesan, and 4 croutons.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:28.630869575169%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.34mg, Quercetin: 10.34mg, Quercetin: 10.34mg, Quercetin: 10.34mg

Nutrients (% of daily need)

Calories: 213.91kcal (10.7%), Fat: 12.81g (19.71%), Saturated Fat: 2.74g (17.12%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 9.41g (3.42%), Sugar: 5.94g (6.6%), Cholesterol: 5.1mg (1.7%), Sodium: 362.43mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.75g (19.51%), Vitamin A: 40954.7IU (819.09%), Vitamin K: 486.89µg (463.7%), Folate: 644.56µg (161.14%), Fiber: 10.21g (40.82%), Manganese: 0.79mg (39.31%), Potassium: 1210.88mg

(34.6%), Iron: 5.04mg (28.01%), Vitamin B1: 0.39mg (25.72%), Calcium: 255.28mg (25.53%), Vitamin C: 19.12mg (23.18%), Vitamin B2: 0.36mg (21.13%), Phosphorus: 210.16mg (21.02%), Magnesium: 75.81mg (18.95%), Vitamin B6: 0.37mg (18.39%), Copper: 0.27mg (13.53%), Vitamin E: 1.9mg (12.64%), Zinc: 1.42mg (9.46%), Vitamin B3: 1.77mg (8.86%), Selenium: 5.82µg (8.31%), Vitamin B5: 0.73mg (7.3%), Vitamin B12: 0.09µg (1.5%)