



Pesto Caesar Salad

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 3 ounces bread baguette french cut into 1/2-inch cubes
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup canola mayonnaise organic (such as Spectrum)
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 2 ounces parmigiano-reggiano cheese
- ☐ 0.1 teaspoon pepper sauce hot (such as Tabasco)

- ☐ 3 tablespoons pesto refrigerated
- ☐ 12 cups torn romaine lettuce
- ☐ 4 teaspoons water
- ☐ 0.5 teaspoon worcestershire sauce

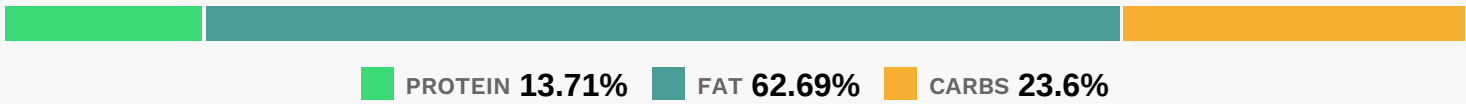
Equipment

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

Directions

- ☐ Preheat oven to 40
- ☐ Place bread in a large bowl; drizzle with oil. Toss to coat. Arrange bread in a single layer on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 10 minutes or until golden, turning once.
- ☐ Grate 2 tablespoons cheese; shave remaining cheese to equal about 6 tablespoons. Set shaved cheese aside.
- ☐ Combine grated cheese, mayonnaise, and next 8 ingredients (through garlic) in a medium bowl, stirring well with a whisk.
- ☐ Combine croutons and lettuce in a large bowl.
- ☐ Drizzle mayonnaise mixture over lettuce mixture; toss to coat.
- ☐ Place 1 1/3 cups salad on each of 6 plates; top each serving with 1 tablespoon shaved cheese.

Nutrition Facts



Properties

Glycemic Index:36.58, Glycemic Load:5.83, Inflammation Score:-10, Nutrition Score:16.380000003006%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 196.77kcal (9.84%), Fat: 13.94g (21.45%), Saturated Fat: 3.4g (21.23%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 9.37g (3.41%), Sugar: 2.25g (2.5%), Cholesterol: 11.8mg (3.93%), Sodium: 423.9mg (18.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Vitamin A: 8419.84IU (168.4%), Vitamin K: 112.57µg (107.21%), Folate: 146.96µg (36.74%), Calcium: 167.34mg (16.73%), Vitamin B1: 0.18mg (11.75%), Manganese: 0.23mg (11.69%), Phosphorus: 114.8mg (11.48%), Selenium: 7.67µg (10.96%), Fiber: 2.44g (9.76%), Vitamin B2: 0.16mg (9.53%), Iron: 1.7mg (9.45%), Potassium: 273.24mg (7.81%), Vitamin B3: 1.21mg (6.07%), Magnesium: 23.16mg (5.79%), Vitamin C: 4.69mg (5.68%), Vitamin B6: 0.1mg (5.17%), Zinc: 0.67mg (4.48%), Vitamin E: 0.66mg (4.41%), Copper: 0.08mg (3.92%), Vitamin B5: 0.26mg (2.55%), Vitamin B12: 0.13µg (2.22%)