



Pumped-Up Caesar Salad

 Gluten Free

READY IN



2 min.

SERVINGS



6

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons anchovy paste
- 0.3 teaspoon pepper black freshly ground
- 3 cups croutons plain
- 0.3 cup egg product frozen thawed
- 1 garlic clove finely minced halved (if whisking dressing by hand)
- 2 extra large hard-cooked eggs peeled finely chopped
- 1 juice of lemon juiced
- 0.3 cup olive oil extra-virgin

- 1 tablespoon parmesan freshly grated
- 1 measure cups parmesan curls) loosely packed
- 10 ounce hearts of romaine salad mix dry washed and spun ,
- 1 teaspoon worcestershire sauce

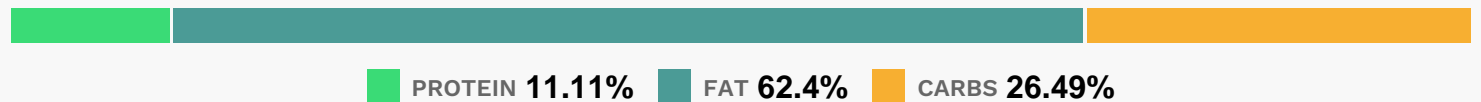
Equipment

- food processor
- bowl
- whisk
- blender

Directions

- For the dressing, churn all ingredients in food processor or electric blender until smooth (or whisk in small bowl until creamy); set aside. For the salad, place romaine, croutons, and eggs in very large salad bowl, add dressing, and toss well.
- Add cheese curls, toss lightly, and serve.

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:7.45, Inflammation Score:-10, Nutrition Score:14.077391292738%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 263.84kcal (13.19%), Fat: 18.54g (28.53%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 17.72g (5.91%), Net Carbohydrates: 15.65g (5.69%), Sugar: 4.51g (5.02%), Cholesterol: 102.54mg (34.18%), Sodium: 270.06mg

(11.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.85%), Vitamin A: 4269.79IU (85.4%), Vitamin K: 56.29µg (53.61%), Folate: 101.28µg (25.32%), Selenium: 15.79µg (22.56%), Vitamin E: 2.16mg (14.38%), Vitamin B2: 0.23mg (13.24%), Vitamin B1: 0.16mg (10.61%), Phosphorus: 104.76mg (10.48%), Iron: 1.78mg (9.86%), Manganese: 0.18mg (8.86%), Vitamin B3: 1.73mg (8.65%), Fiber: 2.07g (8.28%), Calcium: 64.03mg (6.4%), Potassium: 223.67mg (6.39%), Vitamin B5: 0.6mg (5.98%), Vitamin B12: 0.32µg (5.37%), Magnesium: 21.17mg (5.29%), Vitamin C: 4.13mg (5.01%), Vitamin B6: 0.1mg (4.86%), Zinc: 0.73mg (4.84%), Copper: 0.09mg (4.34%), Vitamin D: 0.61µg (4.05%)