Quick Caesar Salad

Gluten Free

READY IN	SERVINGS	CALORIES
4 min.	4	234 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 0.3 teaspoon pepper black freshly ground
- [ ] 0.5 cup caesar dressing reduced-fat
- [ ] 2 ounces croutons fat-free
- [ ] 10 ounce hearts of romaine
- [ ] 1 tablespoon preshredded parmesan cheese fresh

Equipment

- [ ] bowl

Directions

- [ ] Combine first 3 ingredients in a large serving bowl.
- [ ] Pour dressing over lettuce mixture, tossing gently to coat.
- [ ] Sprinkle with pepper.

Nutrition Facts

PROTEIN **6.19%** FAT **70.35%** CARBS **23.46%**

Properties

Glycemic Index:32.75, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:14.427826052775%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 234.17kcal (11.71%), Fat: 18.45g (28.39%), Saturated Fat: 3.03g (18.94%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 11.45g (4.16%), Sugar: 1.68g (1.87%), Cholesterol: 12.31mg (4.1%), Sodium: 480.1mg (20.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin A: 6193.54IU (123.87%), Vitamin K: 103.72µg (98.78%), Folate: 115.8µg (28.95%), Manganese: 0.21mg (10.4%), Vitamin E: 1.49mg (9.92%), Fiber: 2.39g (9.56%), Vitamin B1: 0.14mg (9.53%), Selenium: 6.36µg (9.08%), Iron: 1.61mg (8.92%), Calcium: 63.61mg (6.36%), Potassium: 203.96mg (5.83%), Vitamin B2: 0.09mg (5.49%), Phosphorus: 52.02mg (5.2%), Vitamin B3: 1.01mg (5.05%), Magnesium: 15.67mg (3.92%), Vitamin C: 2.92mg (3.54%), Vitamin B6: 0.06mg (3.25%), Copper: 0.06mg (3.11%), Zinc: 0.36mg (2.38%), Vitamin B5: 0.19mg (1.93%)