



Quick Caesar Salad for a Crowd

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



177 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup caesar dressing
- 2 cups garlic
- 0.7 cup parmesan cheese freshly grated
- 12 servings pepper freshly ground
- 20 cups the of 1 cos lettuce

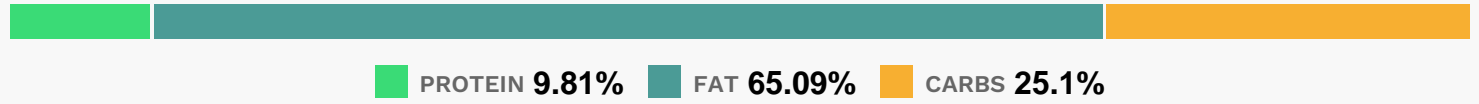
Equipment

- bowl

Directions

- Pour dressing into large salad bowl.
- Add romaine; toss until coated with dressing.
- Sprinkle with croutons, cheese and pepper; toss.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:16.406521836053%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 176.87kcal (8.84%), Fat: 13.23g (20.35%), Saturated Fat: 2.63g (16.47%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 9.23g (3.36%), Sugar: 1.71g (1.9%), Cholesterol: 12.47mg (4.16%), Sodium: 344.32mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.48g (8.97%), Vitamin A: 6880.13IU (137.6%), Vitamin K: 101.5µg (96.66%), Folate: 107.96µg (26.99%), Manganese: 0.53mg (26.27%), Vitamin B6: 0.35mg (17.44%), Calcium: 125.83mg (12.58%), Vitamin C: 10.26mg (12.44%), Phosphorus: 97.28mg (9.73%), Fiber: 2.24g (8.98%), Potassium: 301.61mg (8.62%), Selenium: 5.79µg (8.28%), Iron: 1.39mg (7.73%), Vitamin E: 1.08mg (7.18%), Vitamin B1: 0.11mg (7.02%), Vitamin B2: 0.1mg (5.81%), Copper: 0.11mg (5.54%), Magnesium: 19.14mg (4.79%), Zinc: 0.71mg (4.71%), Vitamin B5: 0.28mg (2.82%), Vitamin B3: 0.42mg (2.09%), Vitamin B12: 0.08µg (1.35%)