



Red Leaf Caesar Salad with Grilled Parmesan Croutons



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



39 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 fillet anchovy
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large garlic clove pressed
- ☐ 6 servings juice of lemon fresh to taste
- ☐ 0.5 cup olive oil
- ☐ 6 servings salt and pepper
- ☐ 0.5 teaspoon worcestershire sauce

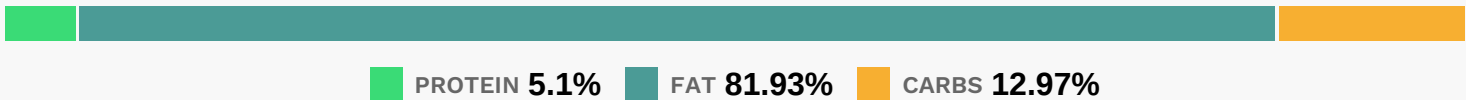
Equipment

☐ grill

Directions

- ☐ 3/4-inch-thick slices country bread
- ☐ tablespoons freshly grated Parmesan cheese
- ☐ Cover and grill until cheese melts, about 1 minute longer.
- ☐ ounces red leaf lettuce
- ☐ Dressing
- ☐ Salt and pepper
- ☐ 1/2 ounces shaved Parmesan cheese

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.0908695619715%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 39.38kcal (1.97%), Fat: 3.76g (5.79%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.44g (0.49%), Cholesterol: 1.2mg (0.4%), Sodium: 211.84mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 6.03mg (7.31%), Vitamin E: 0.56mg (3.71%), Vitamin K: 2.2µg (2.09%), Selenium: 1.1µg (1.57%), Vitamin B3: 0.31mg (1.53%)