



Regal Caesar Salad

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon anchovy paste
- 0.3 cup butter
- 1 teaspoon dijon mustard
- 6 ounce bread french cut into cubes
- 1 clove garlic minced
- 0.1 teaspoon hot sauce
- 1 tablespoon juice of lemon
- 0.5 cup olive oil
- 1 tablespoon olive oil

- 0.7 cup parmesan cheese freshly grated
- 1.5 teaspoons cracked pepper
- 1 tablespoon red wine vinegar
- 8 cups torn romaine lettuce (1 large head)
- 1 teaspoon worcestershire sauce

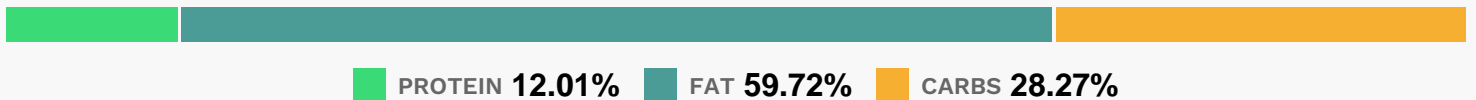
Equipment

- bowl
- frying pan

Directions

- Melt butter in a large skillet over medium heat; add 1 tablespoon olive oil.
- Add bread cubes, and saute 3 to 5 minutes or until golden.
- Remove croutons from skillet, and set aside.
- Combine lettuce, cheese, and pepper in a large bowl; toss well.
- Combine 1/2 cup olive oil and remaining ingredients in a jar; cover tightly, and shake vigorously to blend.
- Pour olive oil mixture over lettuce mixture; toss gently to coat.
- Add croutons, and toss gently.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.06, Glycemic Load:8.59, Inflammation Score:-10, Nutrition Score:12.70173922829%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 198.54kcal (9.93%), Fat: 13.43g (20.66%), Saturated Fat: 5.73g (35.84%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 12.71g (4.62%), Sugar: 1.69g (1.88%), Cholesterol: 24.2mg (8.07%), Sodium: 415.28mg (18.06%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.08g (12.15%), Vitamin A: 4347.19IU (86.94%), Vitamin K: 52.52µg (50.02%), Folate: 91.6µg (22.9%), Selenium: 10.91µg (15.58%), Vitamin B1: 0.19mg (12.82%), Manganese: 0.25mg (12.56%), Calcium: 110.39mg (11.04%), Phosphorus: 98.6mg (9.86%), Vitamin B2: 0.16mg (9.62%), Iron: 1.55mg (8.59%), Vitamin B3: 1.6mg (7.98%), Vitamin E: 1.03mg (6.87%), Fiber: 1.59g (6.36%), Potassium: 185.1mg (5.29%), Zinc: 0.76mg (5.07%), Magnesium: 19.15mg (4.79%), Vitamin B6: 0.08mg (3.78%), Copper: 0.07mg (3.68%), Vitamin C: 2.88mg (3.49%), Vitamin B12: 0.14µg (2.37%), Vitamin B5: 0.2mg (2.03%)