



## Retro Caesar Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 anchovies boneless
- 0.5 baguette loaf french cut into cubes (a small loaf of bread)
- 4 servings pepper black freshly ground
- 2 pasteurized eggs cooked for food safety (these are identified in stores as "pasteurized" and although not have been sufficiently heated )
- 2 garlic cloves peeled quartered
- 1 teaspoon garlic powder
- 2 lemons fresh
- 0.3 cup olive oil

- 0.5 cup olive oil extra-virgin
- 1 large head romaine lettuce dried
- 4 servings salt
- 1 teaspoon worcestershire sauce

## Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- blender
- microwave

## Directions

- To prepare salad dressing: Microwave lemon in a small bowl to release essential oils and set aside briefly until it has cooled off just enough to handle. One at a time through the feed tube of a running blender, add garlic clove, eggs, Worcestershire sauce, and anchovies. While the blender is still running, squeeze the lemon juice from the microwaved lemons through the feed opening, and add extra-virgin olive oil in a thin stream.;
- To make croutons: Preheat oven to 250 degrees F. In a mixing bowl, toss bread cubes with olive oil, sprinkle with garlic powder, salt and pepper, and toss again to coat thoroughly.
- Place bread cubes on a baking sheet and toast for a few minutes.
- Remove from oven and let cool.
- Remove large "spines" from the lettuce leaves and tear tender portions of leaves into bite sized pieces. In a mixing bowl, toss dressing over romaine lettuce.
- Transfer to serving dishes and sprinkle with croutons.

## Nutrition Facts

 PROTEIN 10.68%  FAT 58.6%  CARBS 30.72%

## Properties

Glycemic Index:41.06, Glycemic Load:11.39, Inflammation Score:-10, Nutrition Score:24.755652116693%

## Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

## Nutrients (% of daily need)

Calories: 333.1kcal (16.66%), Fat: 22.69g (34.9%), Saturated Fat: 3.6g (22.53%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 21.19g (7.7%), Sugar: 4.94g (5.49%), Cholesterol: 84.24mg (28.08%), Sodium: 456.52mg (19.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.6%), Vitamin A: 13765.7IU (275.31%), Vitamin K: 173.01µg (164.77%), Folate: 263.45µg (65.86%), Vitamin C: 35.55mg (43.09%), Manganese: 0.46mg (22.92%), Vitamin E: 3.36mg (22.39%), Fiber: 5.58g (22.32%), Vitamin B1: 0.33mg (22.31%), Selenium: 14.84µg (21.19%), Iron: 3.7mg (20.55%), Vitamin B2: 0.33mg (19.5%), Potassium: 574.03mg (16.4%), Phosphorus: 142.26mg (14.23%), Vitamin B6: 0.27mg (13.3%), Vitamin B3: 2.57mg (12.84%), Calcium: 122.36mg (12.24%), Magnesium: 39.96mg (9.99%), Copper: 0.17mg (8.51%), Vitamin B5: 0.82mg (8.22%), Zinc: 1.04mg (6.91%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.44µg (2.93%)