



Romaine Hearts with a Lemony Caesar Dressing

 **Gluten Free**

READY IN



20 min.

SERVINGS



4

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 2 anchovies
- ☐ 2 egg yolks
- ☐ 1 garlic clove
- ☐ 1 lemon zest juiced
- ☐ 1 cup olive oil extra-virgin
- ☐ 2 baby greens chopped
- ☐ 2 tablespoons parmigiano-romano freshly grated

- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 bunch watercress trimmed
- ☐ 2 tablespoons water
- ☐ 1 eggs whole

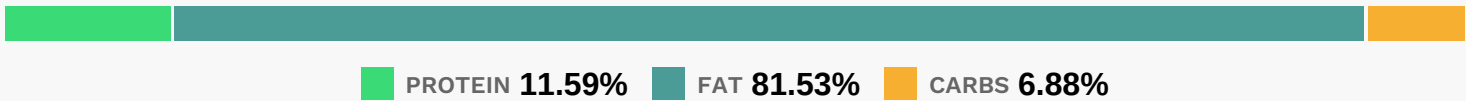
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook the egg in a pan of simmering water for 10 minutes. Cool under cold running water and peel.
- ☐ Meanwhile, combine the anchovies, garlic, lemon juice and zest, and egg yolks in the bowl of a food processor and process to blend.
- ☐ Add the water and blend again. Then, with the motor running, gradually pour in the oil through the feed tube and process to emulsify. Scrape out into a salad bowl. Stir in the cheese and season with salt and pepper.
- ☐ Add the greens and toss to coat. Taste, for seasoning, and grate the egg over the top.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.1, Inflammation Score:-10, Nutrition Score:13.716521574103%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 164.25kcal (8.21%), Fat: 15.18g (23.36%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.86g (0.95%), Cholesterol: 141.92mg (47.31%), Sodium: 252.42mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.71%), Vitamin A: 5222.24IU (104.44%), Vitamin K: 72.39µg (68.95%), Folate: 96µg (24%), Selenium: 9.88µg (14.12%), Vitamin E: 2.03mg (13.53%), Phosphorus: 99.51mg (9.95%), Vitamin B2: 0.16mg (9.16%), Calcium: 73.53mg (7.35%), Vitamin C: 5.77mg (7%), Iron: 1.16mg (6.46%), Manganese: 0.12mg (5.91%), Vitamin B6: 0.11mg (5.65%), Vitamin B5: 0.56mg (5.6%), Fiber: 1.38g (5.51%), Potassium: 190.22mg (5.43%), Vitamin B12: 0.31µg (5.23%), Vitamin D: 0.72µg (4.79%), Vitamin B1: 0.07mg (4.54%), Zinc: 0.59mg (3.97%), Magnesium: 12.67mg (3.17%), Copper: 0.05mg (2.72%), Vitamin B3: 0.49mg (2.44%)