



Seared Romaine Spears with Caesar Dressing

READY IN



45 min.

SERVINGS



10

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 10 crusty peasant bread
- ☐ 2 teaspoons dijon mustard
- ☐ 4 garlic
- ☐ 10 hearts of romaine halved lengthwise
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise low-fat
- ☐ 3 ounces parmigiano-reggiano cheese shaved
- ☐ 0.3 cup red wine vinegar
- ☐ 10 servings salt and pepper freshly ground

- ☐ 0.3 teaspoon tabasco
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 teaspoon worcestershire sauce

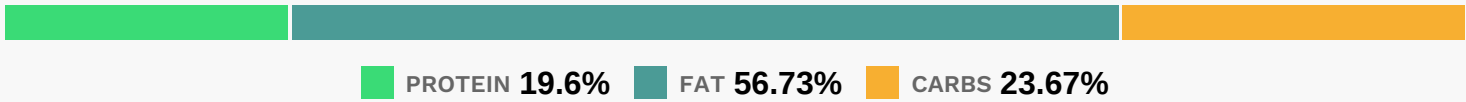
Equipment

- ☐ food processor
- ☐ blender
- ☐ grill

Directions

- ☐ Light a grill. In a blender or mini food processor, blend the mayonnaise with the vinegar, garlic, lemon juice, Dijon mustard, Worcestershire sauce and Tabasco. With the machine on, gradually add 1/2 cup of the vegetable oil until the Caesar dressing is creamy. Season with salt and pepper, cover and refrigerate.
- ☐ Lightly brush the hearts of romaine with 1 tablespoon of the oil and season with salt and pepper. Grill over moderately high heat, turning once or twice, until lightly charred but still crisp, about 3 minutes.
- ☐ Lightly brush the bread with the remaining 1 tablespoon of oil. Grill, turning once, until toasted, about 2 minutes.
- ☐ Spread half of the Caesar dressing on a large platter. Arrange the grilled hearts of romaine on top and brush with the remaining dressing.
- ☐ Garnish with the cheese shavings and serve the grilled bread alongside.

Nutrition Facts



Properties

Glycemic Index:16.95, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:15.261739161999%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,

Naringenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 91.97kcal (4.6%), Fat: 6.03g (9.27%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.75g (1.95%), Cholesterol: 6.68mg (2.23%), Sodium: 409.65mg (17.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Vitamin A: 9913.95IU (198.28%), Vitamin K: 123.03µg (117.17%), Folate: 156.17µg (39.04%), Calcium: 142.54mg (14.25%), Manganese: 0.21mg (10.51%), Fiber: 2.47g (9.87%), Phosphorus: 98.52mg (9.85%), Potassium: 302.61mg (8.65%), Iron: 1.3mg (7.2%), Vitamin C: 5.62mg (6.82%), Vitamin B2: 0.11mg (6.52%), Vitamin B1: 0.1mg (6.47%), Vitamin B6: 0.11mg (5.45%), Magnesium: 21.15mg (5.29%), Selenium: 3.31µg (4.73%), Zinc: 0.53mg (3.55%), Copper: 0.07mg (3.27%), Vitamin E: 0.48mg (3.17%), Vitamin B3: 0.44mg (2.22%), Vitamin B5: 0.22mg (2.18%), Vitamin B12: 0.1µg (1.7%)