



## Shrimp Caesar Salad with Basil Pesto Crostini

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 4 teaspoons basil pesto (such as Pesto Sanremo)
- 4 inch diagonally bread baguette french cut
- 1 teaspoon dijon mustard
- 3 tablespoons mayonnaise fat-free
- 1 garlic clove minced
- 0.5 cup buttermilk low-fat
- 2 teaspoons olive oil
- 0.3 cup parmesan cheese grated
- 0.5 teaspoon cracked pepper

- 0.5 cup onion red sliced
- 10 ounce italian-blend salad greens bags)
- 1 pound shrimp cooked peeled

## Equipment

- bowl
- baking sheet
- oven

## Directions

- Preheat oven to 35
- Combine first 5 ingredients in a bowl; cover buttermilk mixture, and chill.
- Coat both sides of bread with cooking spray.
- Place on a baking sheet, and bake at 350 for 5 minutes on each side.
- Spread 1/2 teaspoon pesto on one side of each slice of bread.
- Combine greens and remaining ingredients in a large bowl; toss well.
- Add buttermilk dressing; toss well to coat.
- Serve with crostini.

## Nutrition Facts



PROTEIN 51.44% FAT 29.66% CARBS 18.9%

## Properties

Glycemic Index:44.92, Glycemic Load:1.17, Inflammation Score:-7, Nutrition Score:10.196086902333%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 209.36kcal (10.47%), Fat: 7.02g (10.8%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 10.07g (3.36%), Net Carbohydrates: 9.22g (3.35%), Sugar: 3.7g (4.11%), Cholesterol: 190.55mg (63.52%), Sodium: 463.42mg (20.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.4g (54.8%), Phosphorus: 349.13mg (34.91%), Copper: 0.5mg (25.24%), Vitamin C: 18.47mg (22.38%), Vitamin A: 976.86IU (19.54%), Calcium: 191.57mg (19.16%), Potassium: 524.23mg (14.98%), Magnesium: 57.44mg (14.36%), Zinc: 2.15mg (14.34%), Manganese: 0.26mg (12.78%), Folate: 34.21µg (8.55%), Iron: 1.32mg (7.35%), Vitamin B2: 0.12mg (6.97%), Selenium: 4.48µg (6.4%), Vitamin B6: 0.11mg (5.48%), Vitamin K: 4.58µg (4.36%), Vitamin B1: 0.06mg (3.79%), Fiber: 0.85g (3.42%), Vitamin B3: 0.59mg (2.96%), Vitamin B12: 0.15µg (2.51%), Vitamin B5: 0.25mg (2.45%), Vitamin E: 0.36mg (2.37%)