



Simple White Bean Caesar with Herb Garlic Bread

READY IN



20 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce baguette sliced lengthwise cut in half
- ☐ 15 ounce beans white drained and rinsed canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon garlic chopped
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mayonnaise

- ☐ 1 tablespoon parmesan grated
- ☐ 1 large head romaine lettuce cleaned
- ☐ 1 tablespoon spicy brown mustard
- ☐ 0.5 stick butter unsalted softened
- ☐ 1 teaspoon worcestershire sauce

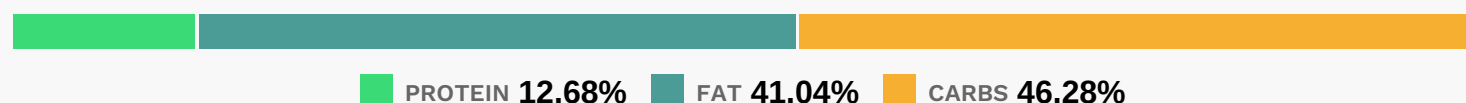
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ For the herb garlic bread: In a medium bowl, stir together the butter, basil, parsley and garlic.
- ☐ Spread the herb butter evenly over the cut sides of the bread. Reserve half the garlic bread for another use, such as Round 2 Recipe Garlic Bread Pizza.
- ☐ Place the other pieces onto a baking sheet, buttered-side up, and put it into the oven until the bread is warmed through and browned around the edges, 8 to 10 minutes.
- ☐ For the salad: In a bowl large enough to hold the salad, whisk together the mayonnaise, cheese, mustard, Worcestershire and lemon juice. Season with salt and pepper.
- ☐ Add the beans and toss to coat.
- ☐ Add the lettuce and toss to coat with the dressing.
- ☐ Transfer to a platter or divide the salad evenly among 4 large plates.
- ☐ Serve with a piece of the garlic bread.

Nutrition Facts



Properties

Glycemic Index:93.94, Glycemic Load:29.08, Inflammation Score:-10, Nutrition Score:32.038695742255%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 542.01kcal (27.1%), Fat: 25.14g (38.68%), Saturated Fat: 9.64g (60.28%), Carbohydrates: 63.79g (21.26%), Net Carbohydrates: 53.58g (19.48%), Sugar: 6.03g (6.7%), Cholesterol: 37.1mg (12.37%), Sodium: 628.66mg (27.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.48g (34.97%), Vitamin A: 14229.25IU (284.58%), Vitamin K: 226.67µg (215.88%), Folate: 364.67µg (91.17%), Manganese: 1.2mg (59.91%), Vitamin B1: 0.65mg (43.06%), Iron: 7.53mg (41.83%), Fiber: 10.21g (40.84%), Potassium: 1013.16mg (28.95%), Magnesium: 100.28mg (25.07%), Selenium: 16.85µg (24.07%), Phosphorus: 236.52mg (23.65%), Calcium: 235.99mg (23.6%), Vitamin B2: 0.39mg (23.17%), Copper: 0.43mg (21.7%), Vitamin B3: 3.93mg (19.63%), Vitamin C: 12.84mg (15.56%), Vitamin B6: 0.31mg (15.32%), Zinc: 2.26mg (15.09%), Vitamin E: 2.09mg (13.93%), Vitamin B5: 0.78mg (7.77%), Vitamin D: 0.25µg (1.64%)