

food
network



HEALTH SCORE

84%

Simplest Caesar Salad



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



165 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 fillet anchovy
- ☐ 1 bunch chives fresh roughly chopped
- ☐ 0.3 cup parsley leaves fresh
- ☐ 1 clove garlic
- ☐ 2 green onions roughly chopped
- ☐ 2 lemon zest juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons parmesan grated plus more for garnishing

- ☐ 1 head romaine lettuce separated
- ☐ 4 servings salt and pepper black freshly ground

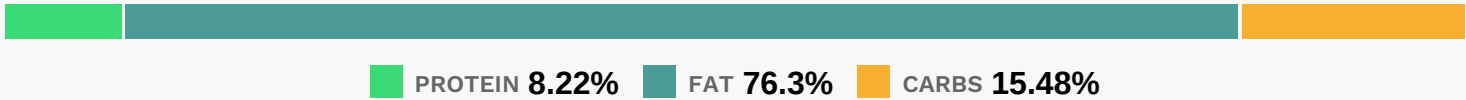
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In the bowl of a food processor, add the parsley leaves, anchovy fillets, Parmesan, lemon juice and zest, green onions, chives and garlic. Season with salt and pepper. Pulse the mixture and slowly drizzle in the olive oil.
- ☐ Remove the top from the food processor and unplug the machine. Replace the blade from the processor with the shredder blade and place the top back on the machine. Plug the machine back in and shred the lettuce leaves, 1 at a time, directly on top of the dressing.
- ☐ Pour the lettuce and dressing into a large bowl and toss to combine.
- ☐ Garnish with additional Parmesan.

Nutrition Facts



Properties

Glycemic Index:49.5, Glycemic Load:0.24, Inflammation Score:-10, Nutrition Score:17.980869532279%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 164.71kcal (8.24%), Fat: 14.78g (22.73%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 2.79g (1.02%), Sugar: 2.21g (2.45%), Cholesterol: 2.9mg (0.97%), Sodium: 58.34mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin A: 14073.04IU (281.46%), Vitamin K: 244.81µg

(233.15%), Folate: 224.21µg (56.05%), Vitamin C: 17.06mg (20.68%), Fiber: 3.95g (15.8%), Vitamin E: 2.24mg (14.91%), Manganese: 0.29mg (14.45%), Potassium: 446.08mg (12.75%), Iron: 2.06mg (11.46%), Calcium: 100.56mg (10.06%), Vitamin B1: 0.13mg (8.36%), Vitamin B2: 0.13mg (7.72%), Phosphorus: 74.42mg (7.44%), Vitamin B6: 0.14mg (7.21%), Magnesium: 28.13mg (7.03%), Copper: 0.1mg (4.93%), Vitamin B3: 0.88mg (4.41%), Zinc: 0.55mg (3.66%), Selenium: 2.1µg (3%), Vitamin B5: 0.28mg (2.85%)