



## Smoked Sardine Caesar with Salumi and Pan-CROUTONS

READY IN



35 min.

SERVINGS



8

CALORIES



324 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups torn chunks of ciabatta bread
- 2 tablespoons mint leaves fresh chopped
- 3 cloves garlic finely grated smashed
- 3 tablespoons juice of lemon fresh
- 0.5 cup mayonnaise
- 5 tablespoons olive oil extra-virgin
- 1.5 cups parmesan cheese grated
- 12 cups torn romaine lettuce (from 1 head)

- 3 tablespoons butter salted
- 2 sardines smoked (kippers)
- 8 servings sea salt and pepper black freshly ground fine
- 1 teaspoon paprika sweet
- 3 ounces salumi italian cut into wide matchsticks (cured salami)
- 3 ounces salumi italian cut into wide matchsticks (cured salami)

## Equipment

- bowl
- frying pan

## Directions

- For the dressing, combine the clove of grated garlic and the smoked sardines in a small bowl and mash to a rough paste with a fork.
- Add the mayonnaise, 1/2 cup of the Parmesan cheese, the lemon juice, 3 tablespoons of the olive oil, 1/4 teaspoon salt and 1/2 teaspoon pepper, and mix together. Thin the dressing with a tablespoon or so of water, until it has the consistency of thick cream.
- For the croutons, heat a large heavy skillet over medium heat.
- Add the remaining 2 tablespoons olive oil to coat the bottom of the pan, and then add the smashed garlic cloves, butter, paprika and bread. Season with salt and pepper and cook, stirring often, until the bread turns crisp throughout and darkens on the edges, about 5 minutes. Discard the garlic, and allow the croutons to cool.
- To serve, place the lettuce in a bowl and season with a little salt and pepper.
- Add enough dressing to coat, and then add the salumi, remaining 1 cup Parmesan cheese, the croutons and mint, and toss.

## Nutrition Facts

 PROTEIN 9.66%  FAT 80.22%  CARBS 10.12%

## Properties

Glycemic Index:22.13, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:16.110869687536%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg, Hesperetin: 0.94mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 324.12kcal (16.21%), Fat: 29.39g (45.21%), Saturated Fat: 8.56g (53.49%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 6.54g (2.38%), Sugar: 1.11g (1.24%), Cholesterol: 37.74mg (12.58%), Sodium: 492.36mg (21.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.93%), Vitamin A: 6623.5IU (132.47%), Vitamin K: 101.5µg (96.66%), Folate: 100.89µg (25.22%), Calcium: 209.37mg (20.94%), Phosphorus: 162.95mg (16.3%), Vitamin E: 2.17mg (14.48%), Selenium: 8.99µg (12.84%), Vitamin B12: 0.55µg (9.12%), Manganese: 0.18mg (9.02%), Vitamin B2: 0.13mg (7.76%), Zinc: 1.08mg (7.21%), Fiber: 1.79g (7.17%), Potassium: 249.14mg (7.12%), Vitamin C: 5.75mg (6.97%), Iron: 1.09mg (6.03%), Magnesium: 20.08mg (5.02%), Vitamin B6: 0.1mg (4.87%), Vitamin B1: 0.07mg (4.36%), Copper: 0.06mg (3.05%), Vitamin B5: 0.24mg (2.36%), Vitamin B3: 0.46mg (2.28%), Vitamin D: 0.27µg (1.77%)