



South of the Border Caesar Salad

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



199 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon chipotle chiles in adobo sauce canned seeded chopped (1 to 2 chiles)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic coarsely chopped
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup olive oil
- ☐ 0.3 cup parmesan grated
- ☐ 0.3 teaspoon pepper

- ☐ 2 large heads romaine lettuce trimmed
- ☐ 0.3 teaspoon salt
- ☐ 2 cups coarsely tortilla chips crushed

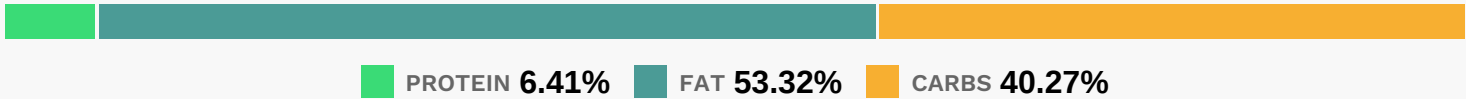
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine garlic, chiles, adobo sauce, lime juice and mayonnaise in the bowl of a food processor and process until smooth. With blades in motion, slowly pour in olive oil. Pulse in Parmesan, salt and pepper. (Makes about 3/4 cup dressing. Can be made up to 3 days in advance. Cover and chill until ready to use.)
- ☐ Just before serving, toss lettuce with dressing, cilantro and crushed tortilla chips.
- ☐ Garnish salad with additional chips if desired.

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.7239130307799%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 199.15kcal (9.96%), Fat: 12.09g (18.59%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 18.75g (6.82%), Sugar: 0.47g (0.52%), Cholesterol: 3.6mg (1.2%), Sodium: 239.61mg (10.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin K: 14.1µg (13.42%), Vitamin E: 1.54mg (10.25%), Phosphorus: 89mg (8.9%), Fiber: 1.79g (7.18%), Calcium: 70.14mg (7.01%), Magnesium: 26.22mg (6.55%),

Vitamin B5: 0.37mg (3.72%), Zinc: 0.5mg (3.34%), Vitamin B6: 0.07mg (3.29%), Iron: 0.56mg (3.1%), Selenium: 2.16µg (3.09%), Vitamin B1: 0.04mg (2.97%), Vitamin B2: 0.03mg (1.94%), Potassium: 65.31mg (1.87%), Copper: 0.03mg (1.7%), Vitamin C: 1.4mg (1.69%), Vitamin B3: 0.26mg (1.31%), Vitamin A: 58.44IU (1.17%), Folate: 4.65µg (1.16%), Manganese: 0.02mg (1.15%)