



## Southwest Caesar Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup cilantro leaves chopped
- 1 cup kernel corn whole frozen thawed
- 1 cup croutons
- 2 Tbsp green onions chopped
- 0.3 tsp ground pepper red (cayenne)
- 2 Tbsp juice of lime fresh
- 2 Tbsp real mayo mayonnaise kraft
- 0.3 cup olive oil

- 0.3 cup parmesan cheese grated kraft
- 0.5 bell pepper red cut into thin strips
- 6 cups romaine lettuce shredded washed
- 0.1 tsp salt

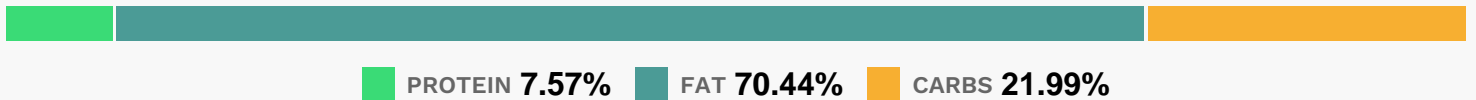
## Equipment

- food processor
- bowl
- blender

## Directions

- Place mayo, lime juice, onions, ground red pepper and salt in food processor or blender container; cover. Process until well blended. Gradually add oil through feed tube at top, processing until well blended after each addition.
- Toss lettuce with the croutons, corn, bell peppers, cilantro and cheese in large bowl.
- Add mayo mixture; toss to evenly coat.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:41.67, Glycemic Load:2.64, Inflammation Score:-10, Nutrition Score:12.524782574695%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

## Nutrients (% of daily need)

Calories: 186.08kcal (9.3%), Fat: 14.88g (22.9%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 8.87g (3.22%), Sugar: 1.16g (1.28%), Cholesterol: 6.77mg (2.26%), Sodium: 255.92mg (11.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Vitamin A: 4598.86IU (91.98%), Vitamin K: 70.03µg (66.7%), Folate: 85.58µg (21.4%), Vitamin C: 17.29mg (20.96%), Vitamin E: 1.77mg (11.8%), Calcium: 73.25mg (7.32%), Phosphorus: 71.17mg (7.12%), Manganese: 0.14mg (6.97%), Fiber: 1.58g (6.32%), Selenium: 4.16µg (5.94%), Potassium: 203.28mg (5.81%), Vitamin B1: 0.08mg (5.3%), Iron: 0.91mg (5.04%), Vitamin B2: 0.08mg (4.85%), Vitamin B6: 0.08mg (3.84%), Magnesium: 15.32mg (3.83%), Vitamin B3: 0.75mg (3.77%), Zinc: 0.52mg (3.44%), Copper: 0.05mg (2.48%), Vitamin B5: 0.16mg (1.61%), Vitamin B12: 0.08µg (1.34%)