



Southwestern Shrimp Caesar Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon anchovy paste
- 4 servings chili croutons
- 2 teaspoons chipotle peppers in adobo sauce minced
- 2 tablespoons cider vinegar
- 2 tablespoons egg substitute
- 1 garlic clove
- 1 tablespoon juice of lemon fresh
- 0.3 cup olive oil

- 0.5 cup parmesan cheese freshly grated
- 1 bell pepper red thinly sliced
- 10 ounce torn romaine lettuce
- 0.3 teaspoon salt
- 1 pound shrimp deveined cooked peeled
- 1 teaspoon worcestershire sauce
- 1 bell pepper yellow thinly sliced

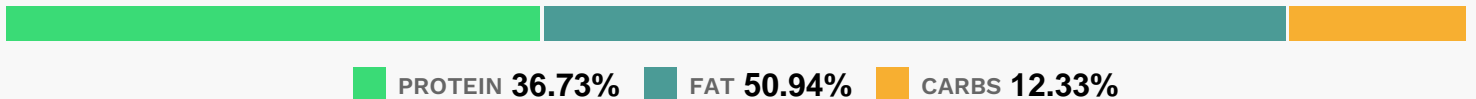
Equipment

- bowl
- blender

Directions

- Combine first 4 ingredients in a large bowl; set aside.
- Process olive oil and next 9 ingredients in a blender until smooth, stopping to scrape down sides.
- Add cheese, and process until blended.
- Just before serving, pour dressing over salad mixture, tossing to coat. Divide salad mixture among 4 individual plates or containers.
- Sprinkle evenly with Chili Croutons.
- Note: If preferred, substitute 1 pound baked or grilled chicken breast slices for the shrimp.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:24.668260646903%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,

Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 313.5kcal (15.67%), Fat: 18.15g (27.92%), Saturated Fat: 4.01g (25.06%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 7.07g (2.57%), Sugar: 3.24g (3.6%), Cholesterol: 194.72mg (64.91%), Sodium: 598.7mg (26.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.88%), Vitamin A: 7387.61IU (147.75%), Vitamin C: 111.8mg (135.51%), Vitamin K: 84.07µg (80.06%), Phosphorus: 374.85mg (37.48%), Folate: 123.23µg (30.81%), Copper: 0.55mg (27.28%), Calcium: 226.48mg (22.65%), Potassium: 705.18mg (20.15%), Vitamin E: 2.82mg (18.82%), Zinc: 2.51mg (16.71%), Magnesium: 66.65mg (16.66%), Manganese: 0.28mg (13.94%), Vitamin B6: 0.27mg (13.72%), Selenium: 9.28µg (13.26%), Iron: 2.18mg (12.09%), Fiber: 2.81g (11.23%), Vitamin B2: 0.17mg (10.09%), Vitamin B1: 0.1mg (6.68%), Vitamin B3: 1.24mg (6.2%), Vitamin B5: 0.46mg (4.61%), Vitamin B12: 0.21µg (3.49%), Vitamin D: 0.22µg (1.44%)