



## Spanish Caesar with Chickpea Croutons

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



300 kcal

SIDE DISH

### Ingredients

- 1 anchovy minced
- 30 ounce chickpeas drained and rinsed canned
- 0.1 teaspoon cayenne pepper
- 0.1 teaspoon chipotle powder
- 0.3 cup cilantro leaves finely chopped
- 1 tablespoon dijon mustard
- 2 eggs
- 1 teaspoon garlic minced

- 0.3 cup green onions finely chopped
- 1 teaspoon ground cumin
- 0.3 cup jack cheese dry grated for garnish
- 1 teaspoon jalapeño minced
- 1 tablespoon juice of lime
- 1 lime zest juiced
- 1 cup olive oil
- 1 tablespoon olive oil
- 0.5 teaspoon freshly cracked pepper black
- 2 heads the of 1 cos lettuce halved
- 0.5 teaspoon salt for sprinkling fine
- 1 teaspoon sea salt
- 0.3 teaspoon worcestershire sauce

## Equipment

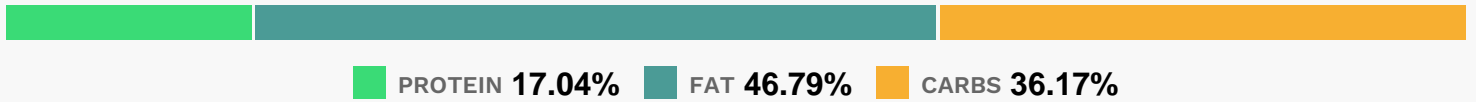
- bowl
- baking sheet
- oven
- blender

## Directions

- Watch how to make this recipe.
- Put the eggs, garlic, cilantro, green onions, salt, cumin, lime zest and juice, anchovy, Worcestershire, Dijon, and jalapeno into the carafe of a blender and puree until smooth. With the motor running, slowly drizzle the olive oil into the top of the carafe until the mixture thickens. Refrigerate for at least 1 hour.
- Arrange the romaine on a platter and drizzle the sauce over the top.
- Garnish with the jack cheese and the croutons.
- Preheat the oven to 425 degrees F.

- Drain, rinse and lightly pat dry the chickpeas.
- Spread out on a baking sheet and pick over the peas, discarding small or damaged peas.
- Combine the oil and spices in a small bowl and add to the chickpeas. Toss well until evenly coated. Evenly spread out the chickpeas on the baking sheet and put in the oven.
- Bake for 10 minutes, then stir and bake for another 10 minutes.
- Remove the baking sheet from the oven and sprinkle with a pinch of sea salt.
- Drizzle with the lime juice and set aside to cool and dry. Use as desired.

## Nutrition Facts



### Properties

Glycemic Index:54.39, Glycemic Load:5.66, Inflammation Score:-10, Nutrition Score:30.001738890358%

### Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

### Nutrients (% of daily need)

Calories: 300.33kcal (15.02%), Fat: 16.47g (25.35%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 17.3g (6.29%), Sugar: 3.05g (3.39%), Cholesterol: 60.55mg (20.18%), Sodium: 1085.22mg (47.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.5g (27.01%), Vitamin A: 18491.98IU (369.84%), Vitamin K: 234.73µg (223.55%), Folate: 333.11µg (83.28%), Manganese: 1.56mg (77.86%), Fiber: 11.36g (45.42%), Vitamin B6: 0.88mg (44.07%), Iron: 4.63mg (25.71%), Phosphorus: 244.92mg (24.49%), Potassium: 801.54mg (22.9%), Magnesium: 76.55mg (19.14%), Calcium: 190.47mg (19.05%), Vitamin C: 15.02mg (18.2%), Copper: 0.36mg (17.8%), Vitamin B2: 0.27mg (15.77%), Selenium: 10.38µg (14.83%), Vitamin B1: 0.22mg (14.61%), Vitamin E: 1.98mg (13.21%), Zinc: 1.93mg (12.89%), Vitamin B5: 1.01mg (10.15%), Vitamin B3: 1.07mg (5.34%), Vitamin B12: 0.19µg (3.11%), Vitamin D: 0.33µg (2.21%)