



The Caesar Special

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



399 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest
- ☐ 1 cup mayonnaise
- ☐ 3 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl

Directions

☐ Stir together mayonnaise, Parmesan cheese, lemon zest, lemon juice, pepper, and table salt in a small bowl. Refrigerate in an airtight container up to 5 days.

Nutrition Facts



PROTEIN 1.71% **FAT 96.79%** **CARBS 1.5%**

Properties

Glycemic Index:20.5, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:5.7391303392208%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 398.98kcal (19.95%), Fat: 42.96g (66.1%), Saturated Fat: 7.14g (44.62%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.52g (0.58%), Cholesterol: 26.78mg (8.93%), Sodium: 566.71mg (24.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Vitamin K: 91.75µg (87.38%), Vitamin E: 1.87mg (12.47%), Calcium: 39.61mg (3.96%), Vitamin C: 3.22mg (3.91%), Selenium: 2.62µg (3.75%), Phosphorus: 36.56mg (3.66%), Manganese: 0.04mg (2.01%), Vitamin B12: 0.12µg (1.96%), Zinc: 0.25mg (1.69%), Vitamin B2: 0.03mg (1.49%), Vitamin A: 70.78IU (1.42%), Vitamin B5: 0.12mg (1.23%), Folate: 4.6µg (1.15%)