



Whole Leaf Caesar Salad

READY IN



40 min.

SERVINGS



4

CALORIES



748 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 anchovy filets minced
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 loaf day-old bread sliced into finger sized pieces
- ☐ 8 parmesan croutons
- ☐ 1 tablespoon dijon mustard
- ☐ 1 egg yolk
- ☐ 1 tablespoon garlic chopped
- ☐ 3 cloves garlic chopped
- ☐ 1.5 teaspoons juice of lemon fresh

- ☐ 1 cup olive oil
- ☐ 0.5 cup parmesan freshly grated
- ☐ 1 tablespoon parmesan freshly grated
- ☐ 6 tablespoons parmesan finely grated
- ☐ 2 heads romaine lettuce
- ☐ 0.8 cup dressing
- ☐ 2 tablespoons butter unsalted
- ☐ 1 tablespoon warm water
- ☐ 4 servings worcestershire sauce

Equipment

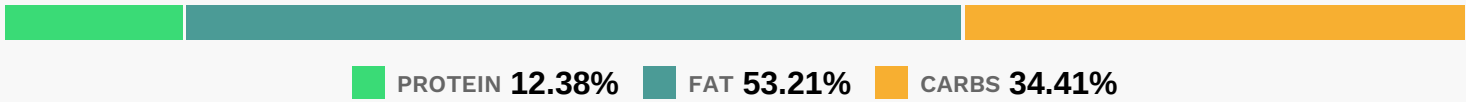
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Place the egg yolk, mustard, anchovies, garlic, vinegar, lemon juice, and a dash of Worcestershire sauce in a blender. Blend until pureed. With the motor running, add the olive oil in a slow, steady stream until it is fully incorporated. If the dressing stops moving in the blender, stop the machine, add the warm water and then continue until all the oil is added. To finish, add the cheese and blend on low speed to incorporate. Makes about 1 1/2 cups.
- ☐ For the croutons: In a large skillet over medium-high heat, melt the butter until it begins to foam.
- ☐ Add the chopped garlic and cook for 1 minute.
- ☐ Add the bread slices and mix to coat. Toss bread occasionally so that both sides get toasted. When the bread is golden brown, add the Parmesan and toss to coat.
- ☐ Remove from the heat and allow to cool.
- ☐ Put the whole romaine leaves in a work bowl.
- ☐ Add enough of the dressing to coat the leaves and toss well.
- ☐ Add the croutons and toss again to combine.

Sprinkle the Parmesan over all and serve.

Nutrition Facts



Properties

Glycemic Index:77.17, Glycemic Load:22.98, Inflammation Score:-10, Nutrition Score:38.925217099812%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg, Quercetin: 6.97mg

Nutrients (% of daily need)

Calories: 747.55kcal (37.38%), Fat: 44.93g (69.13%), Saturated Fat: 12.6g (78.76%), Carbohydrates: 65.38g (21.79%), Net Carbohydrates: 55.15g (20.05%), Sugar: 20.19g (22.43%), Cholesterol: 100.48mg (33.49%), Sodium: 1261.28mg (54.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.52g (47.03%), Vitamin A: 27720.38IU (554.41%), Vitamin K: 363.53µg (346.22%), Folate: 509.33µg (127.33%), Manganese: 1.66mg (82.79%), Selenium: 38.78µg (55.41%), Calcium: 514.55mg (51.46%), Phosphorus: 421.86mg (42.19%), Vitamin B1: 0.63mg (41.76%), Fiber: 10.23g (40.92%), Iron: 6.97mg (38.71%), Vitamin B2: 0.57mg (33.5%), Vitamin B3: 6.31mg (31.54%), Potassium: 990.5mg (28.3%), Vitamin E: 3.93mg (26.23%), Magnesium: 96mg (24%), Vitamin B6: 0.43mg (21.34%), Vitamin C: 15.17mg (18.39%), Zinc: 2.56mg (17.08%), Copper: 0.32mg (16.16%), Vitamin B5: 1.51mg (15.09%), Vitamin B12: 0.44µg (7.32%), Vitamin D: 0.46µg (3.09%)