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Caesar Salad

Caesar salad is a classic salad made with romaine lettuce, croutons, Parmesan cheese, and Cardini's Caesar dressing. It is named after its creator, Caesar Cardini, an Italian-American restaurateur. The salad is typically consumed as a starter or a side dish and is known for its tangy and creamy dressing.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	Romaine Lettuce
50 g	croutons
30 g	Parmesan Cheese
20 g	cardini's caesar dressing

Directions

Step 1

Wash and dry the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Tear the lettuce into bite-sized pieces and place them in a large bowl.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

Add the croutons and Parmesan cheese to the bowl.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Mixing

Drizzle the Cardini's Caesar dressing over the salad and toss to coat evenly.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Caesar salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 7 g

Protein: 8 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	7 g	25%	28%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	110 iu	12.22%	15.71%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	280 mg	8.24%	10.77%
Zinc	1 mg	9.09%	12.5%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Summer

Cuisines

French

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Ramadan

Thanksgiving

Halloween

Cost

\$40 to \$50

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

The Gerson Therapy

The Hollywood Diet

The Ice Cream Diet

The 3-Day Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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