



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Ceasar Salad ·

Ceasar Salad is a classic salad made with romaine lettuce, croutons, Parmesan cheese, and a creamy dressing. It is often served as a side dish or as a main course with added protein such as grilled chicken or shrimp. The salad is named after Caesar Cardini, an Italian-American restaurateur who is credited with creating the dish in the 1920s.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Romaine Lettuce
100 g	croutons
50 g	Parmesan Cheese
50 g	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 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 Caesar dressing over the salad and toss to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Serve immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

Middle Eastern

Course

Salads

Snacks

Sauces & Dressings

Appetizers

Breads

Diet

Anti-Inflammatory Diet

Nutritional Content

High Fiber

Low Sodium

Low Calorie

High Protein

Low Fat

Low Carb

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Oven

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com