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## Caeser ♦♦

Caeser 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 like grilled chicken or shrimp. The recipe for Caeser salad dates back to the 1920s and is named after its creator, Caesar Cardini.

**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

<b>300 g</b>	Romaine Lettuce
<b>100 g</b>	croutons
<b>50 g</b>	Parmesan Cheese
<b>50 g</b>	caeser dressing

# Directions

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## Step 1

Wash and dry the romaine lettuce leaves.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Cut

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Add the croutons and Parmesan cheese to the bowl.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Drizzle the Caesar dressing over the salad and toss to combine.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

Serving

Serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 180 kcal

**Fat:** 10 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	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	70 iu	7.78%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
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	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

**Seasonality**

Fall

**Kitchen Tools**

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

Indian

American

## Diet

Anti-Inflammatory Diet

## Course

Side Dishes

Salads

Snacks

Appetizers

Sauces & Dressings

Soups

Breads

Desserts

Drinks

## Cultural

Chinese New Year

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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