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Caesar Salad with Homemade Dressing

Caesar Salad is a classic salad that originated in Mexico. It is typically made with romaine lettuce, croutons, Parmesan cheese, and a creamy dressing. This recipe includes a homemade dressing that is tangy and flavorful. It is a perfect side dish or light meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Romaine Lettuce
50 g	croutons
50 g	parmesan cheese
2 tbsp	olive oil

1 tbsp	lemon juice
1 cloves	garlic
1 tsp	dijon mustard
1 tsp	anchovy paste
1 tsp	worcestershire sauce
0.5 tsp	Salt
0.5 tsp	Black pepper

Directions

Step 1

Wash and dry the romaine lettuce leaves. Tear them into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, whisk together the olive oil, lemon juice, minced garlic, Dijon mustard, anchovy paste, Worcestershire sauce, salt, and black pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large salad bowl, combine the romaine lettuce, croutons, and Parmesan cheese. Pour the dressing over the salad and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Serving

Serve immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 18 g

Protein: 7 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
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	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	18 g	64.29%	72%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
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	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Picnic

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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