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Caesar Potato Salad ♦

Caesar Potato Salad is a delicious and hearty salad that combines the flavors of a classic Caesar salad with tender potatoes. It is a perfect side dish for any meal or can be enjoyed as a light lunch. The salad is made with boiled potatoes, crispy romaine lettuce, tangy Caesar dressing, Parmesan cheese, and croutons. The combination of the creamy dressing, crunchy lettuce, and tender potatoes creates a satisfying and flavorful salad that is sure to impress.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
200 g	Romaine Lettuce
100 g	caesar dressing

50 g	Parmesan Cheese
50 g	Croutons

Directions

Step 1

Boiling

Boil the potatoes until tender. Drain and let cool.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Cutting

Cut the cooled potatoes into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Wash and chop the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the potatoes, romaine lettuce, Caesar dressing, Parmesan cheese, and croutons. Toss gently to coat everything evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Caesar Potato Salad chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 40 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	40 g	72.73%	80%
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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
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	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Barbecue Game Day

Course

Drinks Salads Sauces & Dressings

Demographics

Teen Friendly Diabetic Friendly

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
Flexitarian Diet Weight Watchers (WW) Diet Vegetarian Diet Vegan Diet
Raw Food Diet Lacto-Ovo Vegetarian Diet Low Sodium Diet

Cooking Method

Boiling Sautéing

Meal Type

Lunch Supper

Difficulty Level

Medium

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