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## Caesar Dinner Salad ♦

A classic Caesar salad with a twist, perfect for a dinner party or family meal. The salad is made with fresh romaine lettuce, homemade Caesar dressing, croutons, and Parmesan cheese. It can be served as a main dish or as a side salad.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

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

# Directions

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## Step 1

Cut

Wash and chop the romaine lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

In a large bowl, combine the romaine lettuce, Caesar dressing, croutons, and Parmesan cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Stirring

Toss the salad until all ingredients are well coated with dressing.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Serving

Serve the Caesar dinner salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 12 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	4 g	10.53%	16%
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	12 g	42.86%	48%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	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

Grill

### Nutritional Content

Low Calorie

### Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Salads

Sauces & Dressings

Breads

Snacks

## Meal Type

Lunch

Dinner

Snack

Supper

## Cultural

Chinese New Year

## Events

Picnic

## Cooking Method

Frying

Boiling

Simmering

## Difficulty Level

Medium

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