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Caesar Salad

Caesar salad is a classic salad made with romaine lettuce, croutons, Parmesan cheese, and a creamy Caesar dressing. It is often served as a side dish or as a main course with grilled chicken or shrimp. The salad is believed to have been created by Italian-American chef Caesar Cardini 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	parmesan cheese
50 g	croutons
50 g	caesar dressing

Directions

Step 1

Cut

Wash and chop the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grating

Grate the Parmesan cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

Combine the romaine lettuce, Parmesan cheese, croutons, and Caesar dressing in a large bowl.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Caesar salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 15 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	15 g	27.27%	30%
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	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	150 iu	16.67%	21.43%
Vitamin C	10 mg	11.11%	13.33%
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	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Fall

Events

Picnic

Cuisines

Italian

Chinese

Mexican

Middle Eastern

Course

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Cost

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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