



Healthdor

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## Caesar Salad

Caesar salad is a classic salad made with romaine lettuce, croutons, Parmesan cheese, and a creamy dressing. It originated in Mexico and is now a popular dish worldwide. The salad is typically consumed as a side dish or as a main course with added protein such as chicken or shrimp.

**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

400 g	Romaine Lettuce
100 g	croutons
50 g	Parmesan Cheese
100 g	caesar dressing

# Directions

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## Step 1

### Preparation

Wash and dry the romaine lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Cutting

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

### Mixing

Add the croutons and Parmesan cheese to the bowl.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

## Mixing

Pour the Caesar dressing over the salad and toss to coat evenly.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

### Serving

Serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 180 kcal

**Fat:** 10 g

**Protein:** 8 g

**Carbohydrates:** 15 g

## Nutrition Facts

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## 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	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 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)
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Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Fall

### Events

Picnic

## Course

Salads

Sauces & Dressings

## Cultural

Easter

Halloween

## Demographics

Pregnancy Safe

Heart Healthy

## Diet

Raw Food Diet

Low Glycemic Index Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The F-Plan Diet

The Werewolf Diet

The SlimFast Diet

The 3-Day Diet

The Eat-Clean Diet

The Starch Solution Diet

The Specific Carbohydrate Diet (SCD)

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Medium

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