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## Caesar Side Salad ♦♦

A classic Caesar side salad made with fresh romaine lettuce, homemade croutons, and a creamy Caesar dressing. This salad is a perfect accompaniment to any meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

200 g	Romaine Lettuce
50 g	croutons
50 g	caesar dressing
25 g	Parmesan Cheese

### Directions

## Step 1

Cut

Wash and chop the romaine lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

Add the croutons and Parmesan cheese to the lettuce.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Pouring

Drizzle the Caesar dressing over the salad.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Toss the salad to evenly coat the ingredients.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Step 5

Serving

Serve immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 10 g

**Protein:** 5 g

**Carbohydrates:** 10 g

## Nutrition Facts

**Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring

Summer

### Events

Christmas

Barbecue

### Cuisines

Italian

Chinese

American

### Course

Salads

Sauces & Dressings

### Demographics

Pregnancy Safe

Heart Healthy

### Diet

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

Vegetarian Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Mayo Clinic Diet

The Hollywood Diet

### Meal Type

Lunch

Dinner

Snack

Supper

### Difficulty Level

Easy

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