A typical Caesar salad contains roughly 300 to 400 calories per serving, though this can vary widely based on portion size and ingredients. The creamy dressing, made with egg yolks, oil, Parmesan cheese, and anchovies, contributes a significant portion of the calories. Croutons add carbohydrates and texture, while the romaine lettuce provides fiber and vitamins with minimal calories. For a lighter version, consider reducing the dressing amount or substituting with a yogurt-based alternative.