



A Skinny Caesar

READY IN



27 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 1.3 cups croutons fat-free
- ☐ 1.5 teaspoons dijon mustard
- ☐ 0.8 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.5 teaspoons red wine vinegar
- ☐ 8 cups romaine lettuce cut crosswise into 2-inch strips
- ☐ 0.5 cup silken tofu soft

- ☐ 1 pound chicken breast halves boneless skinless
- ☐ 1 tablespoon water
- ☐ 1 teaspoon worcestershire sauce
- ☐ 0.3 plus divided
- ☐ 0.3 plus black divided freshly ground

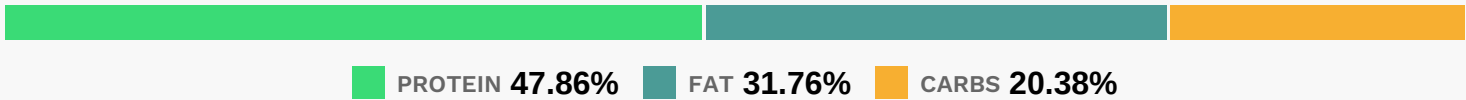
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat grill pan to medium-high. Mist chicken breasts with olive oil spray, and season with 1/4 teaspoon each salt and pepper. Grill chicken until just cooked through, about 56 minutes per side.
- ☐ Place chicken on a cutting board and let rest about 5 minutes to allow juices to redistribute; cut into bite-size pieces.
- ☐ Mix next 8 ingredients and remaining salt and pepper in a blender until well-combined and creamy, scraping down blender sides, as necessary.
- ☐ Add 1 tablespoon water to thin. Stir in grated Parmesan.
- ☐ Toss lettuce, croutons, and dressing in a large bowl; divide among 4 plates. Arrange chicken over salads, sprinkling each evenly with shaved Parmesan.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:4.68, Inflammation Score:-10, Nutrition Score:25.697826325893%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 237.49kcal (11.87%), Fat: 8.3g (12.76%), Saturated Fat: 1.44g (8.97%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 9.36g (3.41%), Sugar: 1.88g (2.09%), Cholesterol: 73.21mg (24.4%), Sodium: 298.44mg (12.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.26%), Vitamin A: 8225.08IU (164.5%), Vitamin K: 98.93µg (94.22%), Vitamin B3: 12.9mg (64.51%), Selenium: 41.43µg (59.18%), Vitamin B6: 0.94mg (46.9%), Folate: 146.63µg (36.66%), Phosphorus: 301.98mg (30.2%), Potassium: 747.09mg (21.35%), Vitamin B5: 1.82mg (18.16%), Vitamin B1: 0.24mg (15.76%), Magnesium: 56.55mg (14.14%), Vitamin B2: 0.22mg (13.03%), Iron: 2.15mg (11.95%), Manganese: 0.24mg (11.87%), Fiber: 2.61g (10.45%), Vitamin C: 8.41mg (10.19%), Copper: 0.16mg (8.18%), Zinc: 1.16mg (7.71%), Calcium: 59.53mg (5.95%), Vitamin E: 0.89mg (5.91%), Vitamin B12: 0.23µg (3.89%)