



Barbecued Chicken Caesar Salad

 Gluten Free

READY IN



54 min.

SERVINGS



54

CALORIES



28 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup classic caesar dressing divided kraft
- 0.5 cup croutons
- 0.3 cup parmesan cheese grated kraft
- 0.3 cup oscar mayer real bacon bits
- 1 head romaine lettuce
- 1 lb chicken breasts boneless skinless

Equipment

- grill

Directions

- Pour 1/4 cup dressing over chicken in shallow dish; turn to coat both sides of each breast. Refrigerate 30 min. to marinate.
- Remove chicken from marinade; discard marinade.
- Heat grill to medium heat. Grill chicken 5 to 7 min. on each side or until done (165F).
- Cut into thin slices.
- Toss lettuce with chicken and all remaining ingredients.

Nutrition Facts

PROTEIN 33.51% **FAT 56.37%** **CARBS 10.12%**

Properties

Glycemic Index:1.33, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:2.9008695949679%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 28.29kcal (1.41%), Fat: 1.77g (2.72%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.2g (0.22%), Cholesterol: 7.37mg (2.46%), Sodium: 62.74mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.74%), Vitamin A: 1016.98IU (20.34%), Vitamin K: 14.19µg (13.52%), Vitamin B3: 0.93mg (4.64%), Selenium: 3.04µg (4.34%), Folate: 16.54µg (4.13%), Vitamin B6: 0.07mg (3.62%), Phosphorus: 24.79mg (2.48%), Potassium: 61.54mg (1.76%), Vitamin B5: 0.14mg (1.41%), Vitamin B2: 0.02mg (1.1%), Manganese: 0.02mg (1.09%), Fiber: 0.27g (1.07%), Vitamin B1: 0.02mg (1.05%), Magnesium: 4.1mg (1.02%)