



Caesar Pleaser

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

SIDE DISH

Ingredients

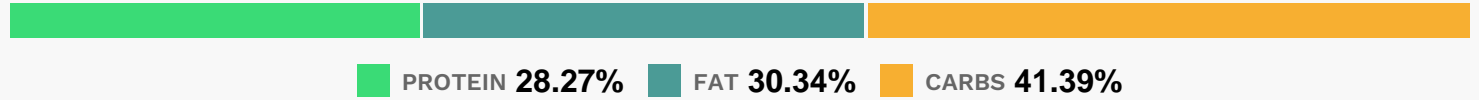
- 1 Tbsp lite creamy caesar dressing kraft
- 2 oz oscar mayer carving board flame grilled chicken breast strips ()
- 1 ciabatta sandwich roll split
- 1 Tbsp parmesan cheese shredded kraft
- 1 onion red separated thin
- 0.5 cup torn romaine lettuce
- 2 slices tomatoes

Equipment

Directions

- Toss lettuce with onions, cheese and dressing.
- Fill roll with lettuce mixture, chicken and tomatoes.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.3934782456769%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 36.94kcal (1.85%), Fat: 1.24g (1.91%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.54g (0.61%), Cholesterol: 5.73mg (1.91%), Sodium: 58.07mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin A: 212.17IU (4.24%), Vitamin B3: 0.8mg (4%), Vitamin K: 4.04µg (3.85%), Selenium: 1.77µg (2.52%), Vitamin B6: 0.05mg (2.5%), Phosphorus: 20.62mg (2.06%), Folate: 5.61µg (1.4%), Fiber: 0.31g (1.23%), Vitamin C: 0.94mg (1.14%), Potassium: 37.74mg (1.08%), Calcium: 10.8mg (1.08%)