



## Caesar Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup lite creamy caesar dressing kraft
- 1 cup seasoned croutons
- 0.5 cup reduced fat topping parmesan style grated kraft
- 8 cups torn romaine lettuce loosely packed

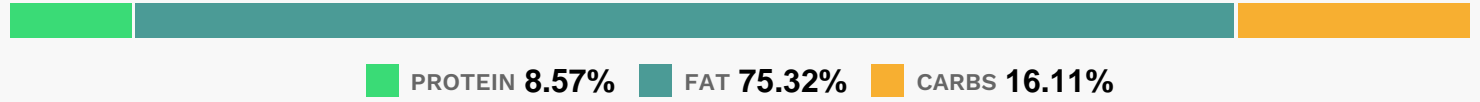
## Equipment

- bowl

## Directions

- Toss lettuce with croutons and grated topping in large bowl.
- Add dressing; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:7.2, Glycemic Load:1.48, Inflammation Score:-9, Nutrition Score:8.0286957187497%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

## Nutrients (% of daily need)

Calories: 95.54kcal (4.78%), Fat: 8.1g (12.47%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 2.9g (1.05%), Sugar: 0.78g (0.86%), Cholesterol: 8.98mg (2.99%), Sodium: 242.57mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.15%), Vitamin A: 3309.21IU (66.18%), Vitamin K: 50.96µg (48.54%), Folate: 55.83µg (13.96%), Calcium: 75.78mg (7.58%), Phosphorus: 53.41mg (5.34%), Manganese: 0.08mg (4.1%), Vitamin E: 0.61mg (4.1%), Fiber: 1g (4.01%), Iron: 0.66mg (3.66%), Vitamin B2: 0.06mg (3.46%), Selenium: 2.35µg (3.35%), Vitamin B1: 0.05mg (3.23%), Potassium: 106.25mg (3.04%), Zinc: 0.32mg (2.13%), Magnesium: 8.33mg (2.08%), Vitamin B12: 0.12µg (1.94%), Vitamin C: 1.54mg (1.87%), Copper: 0.04mg (1.8%), Vitamin B6: 0.03mg (1.7%), Vitamin B3: 0.29mg (1.46%)