



Caesar Salad Bowls for Two

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7.6 oz caesar dressing
- 0.5 cup roasted chicken cubed cooked
- 2 biscuits frozen buttermilk or southern style

Equipment

- bowl
- baking sheet
- oven
- wire rack

microwave

Directions

- Heat oven to 375F. Spray outsides of 2 (10-oz) custard cups with cooking spray.
- Place bottoms up on cookie sheet with sides.
- Place frozen biscuits on microwavable plate. Microwave uncovered on High 15 seconds; turn over, and microwave about 10 seconds longer or until biscuits are softened. Spray work surface lightly with cooking spray. On surface, press each biscuit into 5-inch round.
- Place 1 biscuit on outside bottom surface of each custard cup. Gently press and stretch dough about two-thirds of the way down side of each cup.
- Bake 14 to 16 minutes or until golden brown. Cool 5 minutes; remove baked dough from cups.
- Place on cooling rack, right side up; cool 15 minutes.
- Meanwhile, in large bowl, mix salad greens with dressing from salad kit; stir in chicken. Divide mixture evenly between bread bowls. Top with Parmesan cheese and croutons from salad kit.

Nutrition Facts

 **PROTEIN 6.91%**  **FAT 84.08%**  **CARBS 9.01%**

Properties

Glycemic Index:32.5, Glycemic Load:8.28, Inflammation Score:-2, Nutrition Score:12.549130362013%

Nutrients (% of daily need)

Calories: 740.89kcal (37.04%), Fat: 69.04g (106.22%), Saturated Fat: 10.78g (67.34%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 15.76g (5.73%), Sugar: 3.97g (4.41%), Cholesterol: 68.53mg (22.84%), Sodium: 1584.1mg (68.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.53%), Vitamin K: 114.22µg (108.78%), Vitamin E: 5.46mg (36.42%), Selenium: 15.41µg (22.01%), Phosphorus: 203.77mg (20.38%), Vitamin B3: 3.71mg (18.53%), Iron: 2.48mg (13.77%), Vitamin B1: 0.15mg (9.85%), Vitamin B6: 0.18mg (9.16%), Vitamin B2: 0.14mg (8.3%), Manganese: 0.15mg (7.64%), Calcium: 69.14mg (6.91%), Folate: 22.8µg (5.7%), Zinc: 0.78mg (5.2%), Vitamin B5: 0.51mg (5.11%), Potassium: 171.87mg (4.91%), Fiber: 0.89g (3.56%), Magnesium: 14.09mg (3.52%), Vitamin B12: 0.17µg (2.86%), Copper: 0.05mg (2.66%), Vitamin A: 51.52IU (1.03%)