



## Caesar Salad Cocktail

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



38 kcal

SALAD

### Ingredients

- 6 Tbsp classic caesar dressing kraft
- 12 cherry tomatoes
- 6 Tbsp parmesan cheese shredded kraft
- 6 pickled pearl onions
- 6 cups romaine lettuce loosely packed chopped

### Equipment

- baking sheet
- oven

skewers

## Directions

Heat oven to 400F.

Spoon cheese into 6 mounds, 3 inches apart, on baking sheet sprayed with cooking spray; flatten slightly.

Bake 6 min. or golden brown, carefully turning after 5 min.

Remove to wire racks; cool.

Place lettuce in 6 (8-oz.) glasses. Thread 2 tomatoes and 1 onion alternately onto each of 6 skewers.

Add to glasses.

Drizzle with dressing.

Top with cheese crisps.

## Nutrition Facts

 **PROTEIN 10.37%** **FAT 69.88%** **CARBS 19.75%**

## Properties

Glycemic Index:2.7, Glycemic Load:0.2, Inflammation Score:-7, Nutrition Score:3.4052173735007%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 37.62kcal (1.88%), Fat: 3g (4.61%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.36g (0.5%), Sugar: 0.94g (1.04%), Cholesterol: 2.74mg (0.91%), Sodium: 80mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin A: 1291.38IU (25.83%), Vitamin K: 19.43µg (18.5%), Folate: 22.41µg (5.6%), Vitamin C: 3.57mg (4.33%), Calcium: 27.72mg (2.77%), Manganese: 0.05mg (2.31%), Fiber: 0.54g (2.17%), Phosphorus: 20.94mg (2.09%), Potassium: 72.86mg (2.08%), Vitamin E: 0.29mg (1.93%), Vitamin B6: 0.03mg (1.59%), Iron: 0.28mg (1.58%), Vitamin B1: 0.02mg (1.27%), Vitamin B2: 0.02mg (1.15%), Magnesium: 4.54mg (1.14%)