



Chicken & bacon Caesar salad



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



1238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 bacon
- ☐ 225 g caesar dressing (which includes croûtons, dressing)
- ☐ 1 avocado ripe
- ☐ 2 chicken breast strips/pre-cooked/chopped cooked

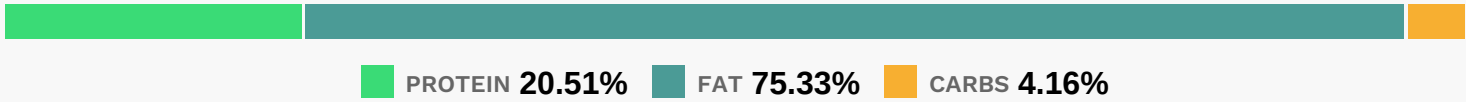
Equipment

- ☐ frying pan

Directions

- ☐ Stir fry the bacon in a frying pan for 2–3 minutes on each side.
- ☐ Remove, then sprinkle the crotons into the fat in the pan and toss over a medium heat for a minute or two to give them flavour and crisp them up.
- ☐ Divide the leaves between 2 plates. Halve the avocado and dig out the stone; peel and cut into chunks and scatter over the leaves. Tear the chicken into pieces on top. Finally, snap the bacon into chunky pieces over the chicken and top with the crotons.
- ☐ Drizzle the dressing over the whole salad and finish with a good dusting of parmesan and a grind of pepper.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:32.763043123743%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg

Nutrients (% of daily need)

Calories: 1237.83kcal (61.89%), Fat: 103.4g (159.08%), Saturated Fat: 19.62g (122.61%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 5.55g (2.02%), Sugar: 3.82g (4.25%), Cholesterol: 219.12mg (73.04%), Sodium: 1786.85mg (77.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.36g (126.72%), Vitamin B3: 27.15mg (135.74%), Vitamin K: 139.75µg (133.09%), Selenium: 58.52µg (83.6%), Vitamin B6: 1.44mg (71.77%), Vitamin E: 8.07mg (53.78%), Phosphorus: 529.16mg (52.92%), Vitamin B5: 3.39mg (33.93%), Potassium: 1047.49mg (29.93%), Fiber: 7.3g (29.18%), Folate: 90.54µg (22.63%), Vitamin B2: 0.37mg (21.98%), Magnesium: 86.56mg (21.64%), Vitamin B1: 0.32mg (21.36%), Iron: 3.74mg (20.76%), Zinc: 3.01mg (20.04%), Copper: 0.31mg (15.25%), Vitamin B12: 0.84µg (13.98%), Vitamin C: 10.39mg (12.59%), Manganese: 0.22mg (10.98%), Calcium: 94.06mg (9.41%), Vitamin A: 237.38IU (4.75%), Vitamin D: 0.46µg (3.07%)