



Chicken Caesar Salad

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings caesar dressing divided
- 12 ounce chicken cutlets
- 1 ounce parmesan cheese fresh grated
- 10 ounce romaine salad
- 2 tomatoes cut into wedges

Equipment

- bowl
- grill

Directions

- Prepare grill to medium-high heat.
- While grill heats, prepare Caesar Dressing. Reserve 1/3 cup dressing in a separate bowl; set aside.
- Place chicken on grill rack coated with cooking spray over medium-high heat. Grill 2 to 3 minutes on each side or until done, basting frequently with remaining dressing.
- Remove from grill. Cool slightly; slice.
- Combine chicken, reserved 1/3 cup dressing, lettuce, and tomato in a large bowl; toss gently to coat. Divide salad evenly among each of 4 bowls.
- Sprinkle each serving with 1 tablespoon cheese.

Nutrition Facts

PROTEIN 29.25% **FAT 63.07%** **CARBS 7.68%**

Properties

Glycemic Index:16.25, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:23.097826128421%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 310.46kcal (15.52%), Fat: 21.71g (33.4%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 3.57g (1.3%), Sugar: 3.36g (3.73%), Cholesterol: 70.95mg (23.65%), Sodium: 583.94mg (25.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.31%), Vitamin A: 6776.47IU (135.53%), Vitamin K: 109.29µg (104.09%), Vitamin B3: 9.49mg (47.44%), Selenium: 29.57µg (42.25%), Vitamin B6: 0.75mg (37.63%), Folate: 110.11µg (27.53%), Phosphorus: 269.51mg (26.95%), Potassium: 650.71mg (18.59%), Vitamin C: 12.37mg (15%), Vitamin B5: 1.42mg (14.24%), Vitamin E: 2.02mg (13.49%), Calcium: 132.11mg (13.21%), Magnesium: 42.52mg (10.63%), Manganese: 0.21mg (10.28%), Vitamin B2: 0.17mg (10.04%), Fiber: 2.38g (9.51%), Vitamin B1: 0.13mg (8.93%), Iron: 1.55mg (8.61%), Zinc: 0.99mg (6.59%), Copper: 0.1mg (4.93%), Vitamin B12: 0.26µg (4.4%)