



HEALTH SCORE

74%

Chicken Caesar Salad



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bell pepper strips red
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups croutons plain
- ☐ 2 teaspoons dijon mustard
- ☐ 1 garlic clove crushed
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 2 ounces parmesan cheese fresh grated

- ☐ 2 pound roasted chicken whole
- ☐ 1.3 pounds torn romaine lettuce
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sugar
- ☐ 2 teaspoons worcestershire sauce

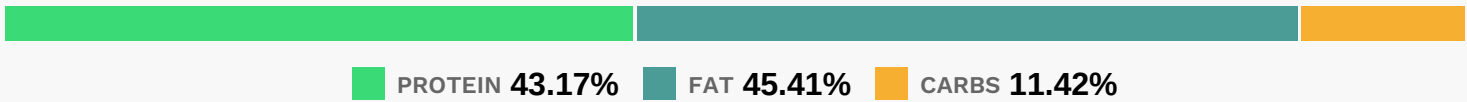
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare salad, remove chicken from bones; shred with 2 forks to measure 3 cups meat.
- ☐ Combine chicken, lettuce, and bell pepper in a large bowl.
- ☐ To prepare vinaigrette, combine oil and next 7 ingredients (oil through garlic) in a bowl, stirring well with a whisk.
- ☐ Pour over salad; toss well.
- ☐ Sprinkle with croutons and cheese; toss gently to combine.

Nutrition Facts



Properties

Glycemic Index:49.18, Glycemic Load:4.27, Inflammation Score:-10, Nutrition Score:29.810869302439%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 409.45kcal (20.47%), Fat: 20.39g (31.37%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 8.54g (3.1%), Sugar: 2.73g (3.04%), Cholesterol: 119.82mg (39.94%), Sodium: 467.2mg (20.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.62g (87.24%), Vitamin A: 9147.63IU (182.95%), Vitamin K: 102.64µg (97.75%), Vitamin B3: 12.92mg (64.6%), Selenium: 43.19µg (61.7%), Vitamin C: 37.44mg (45.38%), Phosphorus: 403.51mg (40.35%), Folate: 159.12µg (39.78%), Vitamin B6: 0.78mg (39.1%), Vitamin B2: 0.36mg (21.38%), Zinc: 2.93mg (19.52%), Potassium: 675.61mg (19.3%), Iron: 3.43mg (19.05%), Vitamin B5: 1.77mg (17.72%), Calcium: 173.47mg (17.35%), Vitamin B1: 0.23mg (15.48%), Magnesium: 56mg (14%), Manganese: 0.27mg (13.3%), Fiber: 3g (12.01%), Vitamin E: 1.56mg (10.39%), Vitamin B12: 0.55µg (9.2%), Copper: 0.16mg (7.98%)