



Chicken Caesar Salad Bites

READY IN



30 min.

SERVINGS



2

CALORIES



744 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup arugula chopped
- 0.3 cup caesar dressing
- 2 cups meat from a rotisserie chicken cooked finely chopped
- 2 tablespoons juice of lime fresh
- 5 oz parmesan cheese shredded
- 2 servings pepper freshly ground to taste
- 2 tablespoons parmesan pita chips crushed

Equipment

- baking sheet
- baking paper
- oven

Directions

- Preheat oven to 35
- Spoon Parmesan cheese by rounded teaspoonfuls, 1 inch apart, onto parchment paper-lined baking sheets, forming mounds.
- Bake 10 to 12 minutes or until melted, bubbly, and golden brown. Cool on baking sheets 15 minutes.
- Stir together chicken and next 3 ingredients. Stir in freshly ground pepper to taste. Spoon mixture onto Parmesan cheese rounds. Top with crushed pita chips.

Nutrition Facts

PROTEIN 34.35% **FAT 57.54%** **CARBS 8.11%**

Properties

Glycemic Index:45.5, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:26.461304560952%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 743.66kcal (37.18%), Fat: 46.86g (72.1%), Saturated Fat: 16.95g (105.95%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.99g (5.09%), Sugar: 2.45g (2.73%), Cholesterol: 164.65mg (54.88%), Sodium: 1723.79mg (74.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.94g (125.87%), Calcium: 883.1mg (88.31%), Selenium: 55.79µg (79.69%), Phosphorus: 789.44mg (78.94%), Vitamin B3: 12.32mg (61.58%), Vitamin K: 37.93µg (36.12%), Vitamin B6: 0.67mg (33.58%), Vitamin B2: 0.5mg (29.19%), Zinc: 4.29mg (28.59%), Vitamin B12: 1.27µg (21.09%), Iron: 3.37mg (18.71%), Vitamin B5: 1.82mg (18.22%), Magnesium: 70.36mg (17.59%), Vitamin E: 2.63mg (17.52%), Vitamin A: 747.61IU (14.95%), Vitamin B1: 0.21mg (13.75%), Potassium: 450.73mg (12.88%), Folate: 38.88µg (9.72%), Manganese: 0.18mg (8.88%), Copper: 0.14mg (6.77%), Vitamin C: 5.34mg (6.47%), Fiber: 0.87g (3.5%), Vitamin D: 0.38µg (2.56%)