



Chicken Caesar Salad in Bread Bowls

READY IN



80 min.

SERVINGS



5

CALORIES



682 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 package yeast dry
- 2 tablespoons sugar
- 0.8 cup water (105°F to 115°F)
- 3 cups baking mix bisquick heart smart®
- 1.5 lb chicken breast boneless skinless
- 0.5 cup caesar dressing reduced-fat
- 10 cups the of 1 cos lettuce
- 1 cup croutons
- 0.3 cup parmesan cheese freshly grated

- 1 serving pepper black freshly ground

Equipment

- bowl
- baking sheet
- oven
- wire rack
- grill

Directions

- In large bowl, dissolve yeast and sugar in warm water. Stir in Bisquick® mix until dough leaves side of bowl and forms a ball. Turn dough onto surface lightly dusted with Bisquick mix; gently roll in Bisquick mix to coat. Knead about 1 minute or until smooth. Cover and let rise 10 minutes.
- Heat oven to 375°F. Grease outsides of five 10-ounce (large) custard cups.
- Place cups upside down on large ungreased cookie sheet. Divide dough into 5 equal parts. Pat or roll each part into 7-inch circle. Shape circles over outsides of custard cups. (Do not curl dough under edges of cups.)
- Bake 15 to 18 minutes or until golden brown. Tap custard cups to loosen bread bowls. Cool 3 minutes; carefully lift bread bowls off custard cups. (Custard cups and bread will be hot.) Cool bread bowls upright on wire rack.
- Meanwhile, heat coals or gas grill.
- Place chicken on grill. Cover and grill 4 to 6 inches from medium heat 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- Cut chicken diagonally into 1/2-inch slices. In large bowl, pour dressing.
- Add romaine; toss to coat.
- Sprinkle with croutons, cheese and pepper; toss. Divide salad among bread bowls. Top each with chicken.

Nutrition Facts



■ PROTEIN 23.41% ■ FAT 41.07% ■ CARBS 35.52%

Properties

Glycemic Index:34.82, Glycemic Load:6.31, Inflammation Score:-10, Nutrition Score:38.106956088025%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 682.21kcal (34.11%), Fat: 30.86g (47.48%), Saturated Fat: 6.87g (42.92%), Carbohydrates: 60.05g (20.02%), Net Carbohydrates: 55.76g (20.28%), Sugar: 14.96g (16.62%), Cholesterol: 103.49mg (34.5%), Sodium: 1529.53mg (66.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.57g (79.14%), Vitamin A: 8296.87IU (165.94%), Vitamin K: 126.13µg (120.12%), Vitamin B3: 18.66mg (93.31%), Phosphorus: 797.74mg (79.77%), Selenium: 54.42µg (77.74%), Folate: 264.84µg (66.21%), Vitamin B6: 1.18mg (58.87%), Vitamin B1: 0.76mg (50.95%), Vitamin B2: 0.61mg (36.02%), Vitamin B5: 2.97mg (29.65%), Potassium: 893.28mg (25.52%), Calcium: 243.1mg (24.31%), Manganese: 0.46mg (23.13%), Iron: 3.97mg (22.07%), Magnesium: 72.35mg (18.09%), Fiber: 4.29g (17.16%), Zinc: 1.92mg (12.81%), Copper: 0.22mg (11%), Vitamin B12: 0.65µg (10.85%), Vitamin E: 1.62mg (10.82%), Vitamin C: 5.68mg (6.89%), Vitamin D: 0.19µg (1.29%)