



Chicken Caesar Salad Pizza

READY IN



22 min.

SERVINGS



4

CALORIES



2400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 cups mozzarella and asiago cheese shredded (recommended: Sargento)
- 0.3 cup caesar dressing (recommended: Wishbone)
- 0.5 cup caesar dressing (recommended: Wishbone)
- 0.8 pound chicken tenderloins
- 1 cup seasoned croutons (recommended: Marie Callender's)
- 4 cups hearts of romaine shredded (recommended: Ready Pac)
- 1 tablespoon juice of lemon (recommended: ReaLemon)
- 0.3 cup parmesan shredded kraft (recommended:)
- 12 inch pizza crust thin (recommended: Boboli)

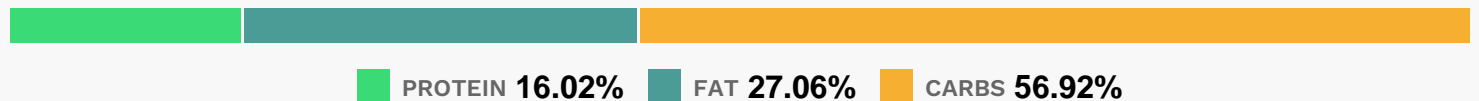
Equipment

- bowl
- grill

Directions

- Set up grill for direct cooking over medium heat. Oil grate when ready to start cooking.
- In a bowl, combine chicken tenders with 1/2 cup salad dressing; set aside.
- Brush pizza crust with remaining 2 tablespoons of dressing and top with cheeses; set aside.
- Remove chicken from marinade and cook on hot oiled grill for 3 to 4 minutes per side or until just done.
- Remove from grill and place on top of pizza.
- Slide pizza onto grill and cook, covered, 8 to 10 minutes, or until cheese has melted and begun to bubble.
- While pizza is cooking, toss shredded romaine with lemon juice.
- Add 1/4 cup dressing and 1/4 cup Parmesan. Toss and set aside.
- Remove pizza from grill and cut into wedges. Top with salad and garnish with croutons.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:4.04, Inflammation Score:-10, Nutrition Score:35.450869435849%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 2399.91kcal (120%), Fat: 71.74g (110.37%), Saturated Fat: 27.36g (170.99%), Carbohydrates: 339.56g (113.19%), Net Carbohydrates: 327.2g (118.98%), Sugar: 12.98g (14.42%), Cholesterol: 114.58mg (38.19%), Sodium: 4692.75mg (204.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 95.53g (191.06%), Vitamin A: 6691.97IU (133.84%), Vitamin K: 121.47µg (115.68%), Iron: 20.51mg (113.92%), Calcium: 992.84mg (99.28%), Selenium: 40.76µg (58.23%), Fiber: 12.36g (49.46%), Vitamin B3: 9.59mg (47.96%), Phosphorus: 434.33mg (43.43%), Vitamin B6: 0.73mg (36.44%), Folate: 116.72µg (29.18%), Vitamin B12: 1.38µg (22.93%), Vitamin B2: 0.32mg (18.71%), Vitamin E: 2.46mg (16.37%), Potassium: 561.45mg (16.04%), Zinc: 2.38mg (15.86%), Vitamin B5: 1.49mg (14.85%), Magnesium: 48.17mg (12.04%), Vitamin B1: 0.18mg (11.7%), Manganese: 0.19mg (9.75%), Vitamin C: 5.48mg (6.65%), Copper: 0.08mg (4.11%), Vitamin D: 0.36µg (2.38%)