



Chicken-Pasta Caesar Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



584 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 7.3 oz caesar dressing
- 1 teaspoons milk
- 0.3 cup mayonnaise
- 2 cups roasted chicken cooked chopped
- 1 cup the of 1 cos lettuce chopped
- 0.5 cup tomatoes chopped
- 2 oz parmesan shredded

Equipment

- bowl
- sauce pan

Directions

- Pour pasta (from box) into 3–quart saucepan 2/3 full of boiling water. Gently boil uncovered 12 minutes, stirring occasionally.
- Drain pasta. Rinse with cold water; drain well.
- In large bowl, stir together seasoning and crouton blend (from box), milk and mayonnaise to make dressing.
- Add pasta, chicken, romaine, tomatoes, and cheese to dressing mixture in bowl; toss to gently coat.
- Serve immediately, or cover and refrigerate until serving.

Nutrition Facts

PROTEIN 16.72% **FAT 80.91%** **CARBS 2.37%**

Properties

Glycemic Index:38.25, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:15.268260898797%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 584kcal (29.2%), Fat: 52.08g (80.12%), Saturated Fat: 10.33g (64.54%), Carbohydrates: 3.43g (1.14%), Net Carbohydrates: 2.7g (0.98%), Sugar: 2.35g (2.61%), Cholesterol: 90.17mg (30.06%), Sodium: 1022.2mg (44.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin K: 98.14µg (93.47%), Selenium: 21.73µg (31.05%), Vitamin B3: 5.72mg (28.62%), Vitamin A: 1349.6IU (26.99%), Phosphorus: 255.71mg (25.57%), Vitamin E: 3.2mg (21.3%), Calcium: 209.66mg (20.97%), Vitamin B6: 0.34mg (16.93%), Zinc: 1.6mg (10.68%), Vitamin B2: 0.17mg (10.1%), Iron: 1.72mg (9.56%), Vitamin B5: 0.86mg (8.57%), Potassium: 267.01mg (7.63%), Vitamin B12: 0.42µg (6.96%), Magnesium: 26mg (6.5%), Folate: 25.23µg (6.31%), Vitamin B1: 0.07mg (4.8%), Vitamin C: 3.18mg (3.85%), Manganese: 0.08mg (3.75%), Copper: 0.07mg (3.49%), Fiber: 0.73g (2.91%), Vitamin D: 0.17µg (1.16%)