



Chopped Chicken Caesar Salad for Two

READY IN



20 min.

SERVINGS



20

CALORIES



31 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup lite creamy caesar dressing kraft
- 0.5 cup cherry tomatoes halved
- 0.5 cup cucumbers chopped
- 1 slice multi-grain bread cut into 1/2-inch cubes
- 0.5 tsp oregano leaves dried
- 1 Tbsp parmesan cheese grated kraft
- 3 cups romaine lettuce chopped
- 1 cup chicken breasts boneless skinless cooked chopped

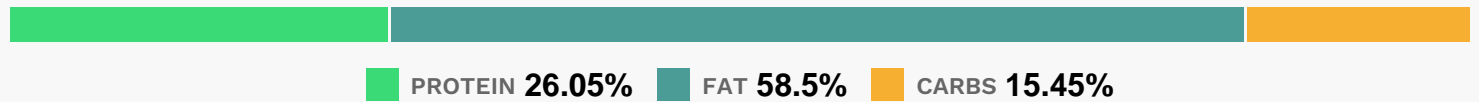
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350F.
- Spread bread onto baking sheet sprayed with cooking spray; spray with additional cooking spray.
- Sprinkle with oregano.
- Bake 8 to 10 min. or until bread is crisp and lightly toasted.
- Combine lettuce and all remaining ingredients except cheese in large bowl; spoon onto plates. Top with croutons and cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:4.48, Glycemic Load:0.37, Inflammation Score:-5, Nutrition Score:2.5447825873676%

Flavonoids

Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 31.47kcal (1.57%), Fat: 2.04g (3.15%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.37g (0.41%), Cholesterol: 6.16mg (2.05%), Sodium: 55.97mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin A: 640.88IU (12.82%), Vitamin K: 11.06µg (10.54%), Vitamin B3: 0.89mg (4.45%), Selenium: 2.95µg (4.21%), Vitamin B6: 0.07mg (3.52%), Folate: 11.61µg (2.9%), Manganese: 0.05mg (2.59%), Phosphorus: 24.78mg (2.48%), Potassium: 63.18mg (1.81%), Vitamin C: 1.34mg (1.62%), Vitamin B5: 0.14mg (1.43%), Vitamin E: 0.2mg (1.34%), Fiber: 0.32g (1.26%), Magnesium: 5.02mg (1.25%), Vitamin B1: 0.02mg (1.21%), Iron: 0.21mg (1.19%), Vitamin B2: 0.02mg (1.03%), Calcium: 10.2mg (1.02%)