



## Classic Chicken Caesar Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



95 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup classic caesar dressing divided kraft
- 1 cup seasoned croutons
- 10 oz salad greens mixed
- 0.3 cup parmesan cheese grated kraft
- 1 lb chicken breasts boneless skinless cut into strips

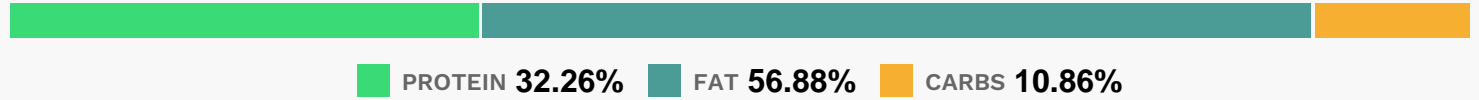
## Equipment

- bowl
- frying pan

## Directions

- Cook and stir chicken in 1/4 cup dressing in skillet on medium-high heat 8 min. or until chicken is done.
- Toss greens with chicken, croutons and cheese in large salad bowl.
- Add remaining dressing just before serving; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:4.8, Glycemic Load:0.99, Inflammation Score:-3, Nutrition Score:4.6917392119117%

## Nutrients (% of daily need)

Calories: 95.11kcal (4.76%), Fat: 5.92g (9.11%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 2.54g (0.85%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.22g (0.25%), Cholesterol: 23.86mg (7.95%), Sodium: 177.9mg (7.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.11%), Vitamin B3: 3.37mg (16.86%), Selenium: 11.21µg (16.02%), Vitamin B6: 0.25mg (12.27%), Phosphorus: 85.23mg (8.52%), Vitamin K: 8.31µg (7.92%), Vitamin C: 4.77mg (5.78%), Vitamin A: 240.85IU (4.82%), Vitamin B5: 0.47mg (4.74%), Potassium: 152.21mg (4.35%), Vitamin B2: 0.05mg (3.04%), Vitamin E: 0.44mg (2.92%), Magnesium: 11.3mg (2.83%), Folate: 11.1µg (2.77%), Vitamin B1: 0.04mg (2.58%), Calcium: 23.98mg (2.4%), Manganese: 0.05mg (2.34%), Iron: 0.4mg (2.25%), Zinc: 0.31mg (2.09%), Vitamin B12: 0.09µg (1.42%), Copper: 0.02mg (1.12%)