



Crispy Chicken Caesar Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



690 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper
- 1 eggs
- 1.3 lb chicken breast boneless skinless
- 3 tablespoons vegetable oil
- 15 oz parmesan with lettuce, dressing, parmesan cheese and croutons
- 1 tomatoes cut into 8 wedges
- 0.5 cup frangelico

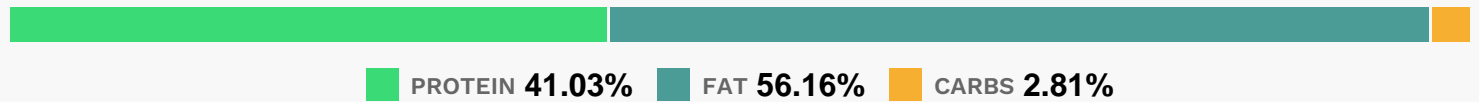
Equipment

- bowl
- frying pan

Directions

- In shallow dish, stir Bisquick mix and pepper. In another shallow dish, beat egg. Dip chicken in egg, then coat with Bisquick mixture.
- In 10-inch nonstick skillet, heat oil over medium heat.
- Add chicken; cook 12 to 14 minutes, turning once, until juice of chicken is clear when thickest part is cut (170°F).
- In large serving bowl, toss salad ingredients; divide evenly onto individual plates.
- Cut chicken crosswise into 1/2-inch slices; place on top of salads. Top with tomato.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.25, Inflammation Score:-7, Nutrition Score:30.378695617551%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 690.08kcal (34.5%), Fat: 42.44g (65.3%), Saturated Fat: 20.16g (126%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.38g (1.59%), Sugar: 1.7g (1.89%), Cholesterol: 203.93mg (67.98%), Sodium: 1884.71mg (81.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.77g (139.54%), Calcium: 1275.59mg (127.56%), Phosphorus: 1064.82mg (106.48%), Selenium: 72.66µg (103.8%), Vitamin B3: 15.26mg (76.32%), Vitamin B6: 1.2mg (60.1%), Vitamin B2: 0.55mg (32.41%), Vitamin B12: 1.66µg (27.62%), Vitamin B5: 2.7mg (26.99%), Zinc: 3.94mg (26.28%), Vitamin A: 1189.04IU (23.78%), Vitamin K: 23.52µg (22.4%), Magnesium: 88.55mg (22.14%), Potassium: 711.99mg (20.34%), Vitamin E: 1.62mg (10.8%), Vitamin B1: 0.15mg (9.87%), Iron: 1.69mg (9.37%), Vitamin C: 5.91mg (7.17%), Vitamin D: 0.89µg (5.96%), Folate: 22.92µg (5.73%), Copper: 0.1mg (5%), Manganese: 0.1mg (4.83%), Fiber: 0.4g (1.6%)