



# Crispy Grilled Caesar Salad

 **Gluten Free**

READY IN



**10 min.**

SERVINGS



**8**

CALORIES



**156 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup classic caesar dressing kraft
- 0.3 tsp garlic powder
- 0.3 cup grape tomatoes sliced
- 0.8 cup italian\* five cheese blend shredded kraft finely
- 2 tsp penzey's southwest seasoning dried italian
- 0.3 cup parmesan cheese grated kraft
- 2 heads romaine lettuce
- 1 pkt. shake â€™n bake seasoned panko seasoned coating mix

## Equipment

- grill
- aluminum foil

## Directions

- Heat grill to medium-high heat.
- Combine first 5 ingredients.
- Cover grill grate with foil.
- Place lettuce, cut sides down, on foil. Grill 2 min.
- Turn lettuce; top with cheese mixture. Grill 2 min.
- Cut each lettuce piece in half; place on platter. Top with tomatoes; drizzle with dressing.

## Nutrition Facts

**PROTEIN 14.39%** **FAT 68.51%** **CARBS 17.1%**

## Properties

Glycemic Index:6, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:16.700869537566%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## Nutrients (% of daily need)

Calories: 155.7kcal (7.79%), Fat: 12.49g (19.22%), Saturated Fat: 2.27g (14.16%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 3.38g (1.23%), Sugar: 2.46g (2.73%), Cholesterol: 10.55mg (3.52%), Sodium: 313.8mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.81%), Vitamin A: 13722.54IU (274.45%), Vitamin K: 179.18µg (170.64%), Folate: 215.36µg (53.84%), Fiber: 3.63g (14.54%), Manganese: 0.28mg (14.07%), Potassium: 418.11mg (11.95%), Calcium: 115.23mg (11.52%), Iron: 1.88mg (10.44%), Vitamin C: 7.17mg (8.69%), Vitamin B1: 0.12mg (7.9%), Phosphorus: 72.11mg (7.21%), Vitamin B2: 0.12mg (7.11%), Vitamin E: 1.03mg (6.88%), Vitamin B6: 0.13mg (6.66%), Magnesium: 25.27mg (6.32%), Copper: 0.08mg (4.25%), Zinc: 0.54mg (3.58%), Selenium: 2µg (2.85%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.25mg (2.55%)