



Dressed-Up Chopped Caesar Salad

READY IN



25 min.

SERVINGS



4

CALORIES



644 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces asiago cheese cut into small cubes
- ☐ 2 tablespoons butter
- ☐ 0.5 cup bottled creamy caesar dressing
- ☐ 1 pint cherry tomatoes cut in half
- ☐ 4 bacon thick crumbled cooked
- ☐ 1 garlic clove minced
- ☐ 2 green onions thinly sliced
- ☐ 4 slices pumpernickel bread cut into 1-inch cubes
- ☐ 2 romaine lettuce hearts chopped

- ☐ 4 servings salt and pepper
- ☐ 3 cups turkey breast cooked chopped

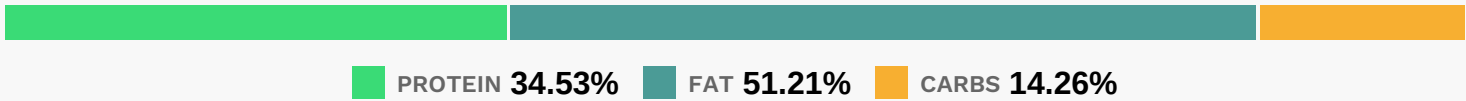
Equipment

- ☐ microwave

Directions

- ☐ Microwave butter in a microwave-safe pie plate at HIGH 30 seconds or until melted. Stir in garlic, and microwave 45 seconds or until fragrant. Stir in bread cubes and desired amounts of salt and pepper. Microwave 4 minutes or until crisp, stirring at 1-minute intervals.
- ☐ Let cool 5 minutes.
- ☐ Toss together romaine lettuce and next 5 ingredients.
- ☐ Drizzle with dressing; toss gently.
- ☐ Sprinkle with croutons.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:7.76, Inflammation Score:-9, Nutrition Score:35.394347895747%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 643.9kcal (32.19%), Fat: 36.91g (56.79%), Saturated Fat: 12.47g (77.94%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 19.59g (7.13%), Sugar: 4.57g (5.08%), Cholesterol: 149.52mg (49.84%), Sodium: 1754.27mg (76.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 56g (112%), Vitamin B3: 20.24mg (101.2%), Selenium: 59.88µg (85.55%), Vitamin B6: 1.61mg (80.42%), Phosphorus: 751.46mg (75.15%), Vitamin K: 62.17µg (59.21%), Vitamin A: 2302.52IU (46.05%), Calcium: 422.35mg (42.23%), Vitamin C: 28.98mg (35.13%), Manganese: 0.62mg (30.86%), Vitamin B2: 0.51mg (30.23%), Zinc: 4.07mg (27.16%), Vitamin B12: 1.57µg (26.1%), Potassium: 884.24mg (25.26%), Magnesium: 91.32mg (22.83%), Folate: 83.24µg (20.81%), Iron: 3.55mg (19.71%), Vitamin B5: 1.94mg (19.36%), Vitamin B1: 0.28mg (18.65%), Vitamin E: 2.61mg (17.37%), Copper: 0.31mg (15.37%), Fiber: 3.52g (14.08%),

Vitamin D: 0.38µg (2.54%)