



Easy Caesar Toss

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- 2.5 oz oscar mayer bacon warmed fully cooked cut into 1-inch pieces
- 0.5 cup caesar italian with oregano dressing kraft
- 0.3 cup athenos cheese blue crumbled
- 1 cup croutons
- 0.3 cup parmesan cheese grated kraft
- 4 cups torn romaine lettuce loosely packed

Equipment

Directions

- Combine first 4 ingredients.
- Add dressing; mix lightly.
- Top with Parmesan.

Nutrition Facts

PROTEIN 9.75% **FAT 79.02%** **CARBS 11.23%**

Properties

Glycemic Index:24.75, Glycemic Load:3.75, Inflammation Score:-10, Nutrition Score:13.473913270494%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 328.3kcal (16.42%), Fat: 28.88g (44.42%), Saturated Fat: 7.63g (47.72%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 7.71g (2.8%), Sugar: 1.43g (1.59%), Cholesterol: 35.01mg (11.67%), Sodium: 736.19mg (32.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Vitamin A: 4228.74IU (84.57%), Vitamin K: 79.33µg (75.55%), Folate: 77.82µg (19.45%), Selenium: 10.47µg (14.96%), Calcium: 136mg (13.6%), Phosphorus: 126.3mg (12.63%), Vitamin E: 1.58mg (10.55%), Vitamin B1: 0.14mg (9.13%), Vitamin B2: 0.12mg (7.24%), Vitamin B3: 1.38mg (6.88%), Iron: 1.21mg (6.7%), Manganese: 0.13mg (6.48%), Zinc: 0.91mg (6.09%), Fiber: 1.52g (6.07%), Potassium: 202.37mg (5.78%), Vitamin B6: 0.11mg (5.53%), Vitamin B12: 0.29µg (4.76%), Magnesium: 15.76mg (3.94%), Vitamin B5: 0.39mg (3.89%), Copper: 0.05mg (2.55%), Vitamin C: 1.97mg (2.39%), Vitamin D: 0.17µg (1.16%)