



Grilled Chicken Caesar

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons anchovy paste
- ☐ 2 cups baby spinach leaves
- ☐ 4 servings pepper black freshly ground
- ☐ 16 ounces grilled chicken breast halves sliced
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup pasteurized egg product
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 tablespoons juice of lemon

- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup parmesan finely grated
- ☐ 6 cups coarsely torn romaine lettuce
- ☐ 4 servings salt
- ☐ 0.3 teaspoon worcestershire sauce
- ☐ 2 cups whole-grain croutons

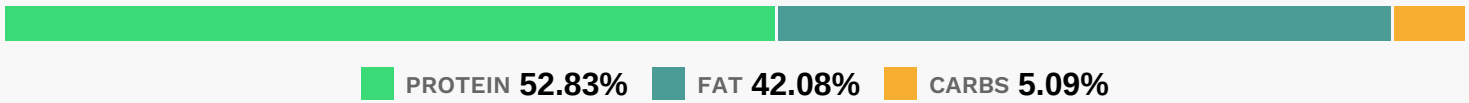
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, whisk together the egg product, garlic, anchovy paste, mustard, Worcestershire sauce and lemon juice. Slowly add the olive oil in a steady stream, whisking the whole time. Stir in the Parmesan and season with salt and pepper.
- ☐ In a large bowl, toss the dressing with the lettuce and spinach until well coated.
- ☐ Add the croutons and toss to combine. Divide the salad onto 4 plates and top each plate with grilled chicken slices.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:0.17, Inflammation Score:-10, Nutrition Score:27.670000045196%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin:

2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 318.49kcal (15.92%), Fat: 14.64g (22.52%), Saturated Fat: 3.71g (23.16%), Carbohydrates: 3.99g (1.33%), Net Carbohydrates: 2.09g (0.76%), Sugar: 1.25g (1.39%), Cholesterol: 159.05mg (53.02%), Sodium: 511.51mg (22.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.36g (82.72%), Vitamin A: 7704.41IU (154.09%), Vitamin K: 149.87µg (142.74%), Vitamin B3: 16.37mg (81.86%), Selenium: 39.61µg (56.59%), Vitamin B6: 0.81mg (40.34%), Phosphorus: 368.4mg (36.84%), Folate: 138.99µg (34.75%), Vitamin B2: 0.31mg (17.99%), Potassium: 601.69mg (17.19%), Iron: 2.78mg (15.46%), Magnesium: 61.8mg (15.45%), Vitamin B5: 1.5mg (15.01%), Manganese: 0.29mg (14.69%), Calcium: 145.41mg (14.54%), Vitamin E: 1.97mg (13.16%), Vitamin C: 10.11mg (12.25%), Zinc: 1.81mg (12.09%), Vitamin B1: 0.16mg (10.41%), Vitamin B12: 0.62µg (10.26%), Fiber: 1.89g (7.57%), Copper: 0.13mg (6.72%), Vitamin D: 0.49µg (3.24%)