



Grilled Chicken Caesar

 Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 tablespoon chili powder
- ☐ 0.8 cup croutons plain
- ☐ 0.5 teaspoon mustard dry
- ☐ 1 garlic clove crushed
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground cumin

- ☐ 1 tablespoon juice of lemon
- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 10 ounce ready-to-eat romaine salad
- ☐ 3 tablespoons romano cheese grated
- ☐ 1 pound skinned cut into 1-inch-wide strips
- ☐ 2 tablespoons worcestershire sauce

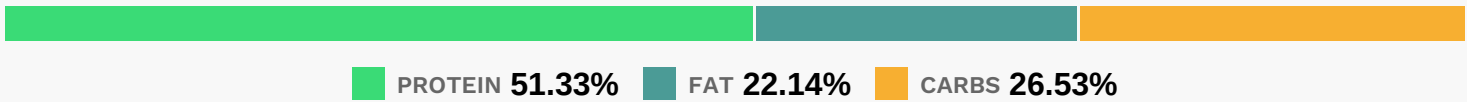
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Combine first 6 ingredients in a medium bowl; stir well, and set aside.
- ☐ Prepare grill or broiler.
- ☐ Place chicken strips on grill rack or broiler pan coated with cooking spray, and cook 5 minutes on each side or until chicken is done.
- ☐ Combine buttermilk and next 6 ingredients (buttermilk through garlic) in a large bowl; stir well.
- ☐ Add romaine salad, tomatoes, and croutons; toss gently to coat. Spoon salad mixture onto each of 4 plates, and top with chicken strips.
- ☐ Note: Substitute 12 cups sliced romaine lettuce for 1 (10-ounce) package ready-to-eat romaine salad, if desired.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:2.97, Inflammation Score:-10, Nutrition Score:28.299565159756%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 231.99kcal (11.6%), Fat: 5.75g (8.84%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 12.35g (4.49%), Sugar: 6.01g (6.68%), Cholesterol: 79.55mg (26.52%), Sodium: 495.81mg (21.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.97%), Vitamin A: 7215.93IU (144.32%), Vitamin K: 77.74µg (74.04%), Vitamin B3: 13.42mg (67.1%), Selenium: 42.74µg (61.05%), Vitamin B6: 1.05mg (52.47%), Phosphorus: 377.51mg (37.75%), Folate: 123.25µg (30.81%), Vitamin C: 24.73mg (29.97%), Potassium: 972.67mg (27.79%), Vitamin B5: 2.03mg (20.25%), Vitamin B2: 0.32mg (18.57%), Iron: 3.16mg (17.53%), Manganese: 0.33mg (16.73%), Calcium: 161.62mg (16.16%), Magnesium: 63.03mg (15.76%), Vitamin B1: 0.22mg (14.9%), Fiber: 3.15g (12.6%), Vitamin E: 1.61mg (10.75%), Zinc: 1.46mg (9.73%), Copper: 0.19mg (9.53%), Vitamin B12: 0.38µg (6.35%), Vitamin D: 0.16µg (1.05%)