



Grilled Chicken Caesar on a Skewer

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces country bread trimmed cut into 1-inch cubes
- ☐ 0.8 cup bottled caesar dressing fat-free divided
- ☐ 2 ounces parmigiano-reggiano cheese fresh shaved
- ☐ 6 servings cracked pepper black
- ☐ 1 onion red 1-inch-thick cut into wedges
- ☐ 6 cups torn romaine lettuce
- ☐ 1.3 pounds chicken breast halves boneless skinless cut into 1-inch cubes

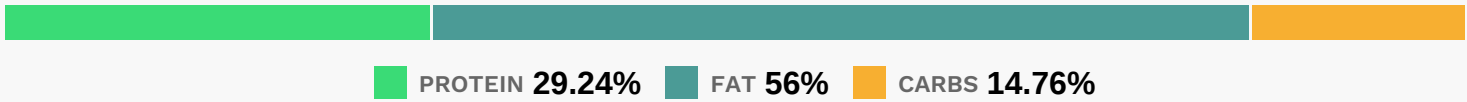
Equipment

- ☐ bowl
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine 2 tablespoons dressing and chicken in a zip-top plastic bag; seal. Marinate in refrigerator 45 minutes, turning bag occasionally.
- ☐ Preheat grill.
- ☐ Thread bread cubes onto 2 (12-inch) skewers; coat with cooking spray.
- ☐ Place skewers on a grill rack. Grill 1 minute on each side or until browned.
- ☐ Remove chicken from bag; discard marinade. Thread chicken and onion alternately onto each of 6 (12-inch) skewers.
- ☐ Place on a grill rack coated with cooking spray; grill 10 minutes or until chicken is done, turning occasionally.
- ☐ Remove from grill; drizzle each chicken skewer with 2 teaspoons dressing.
- ☐ Combine remaining 6 tablespoons dressing and lettuce in a bowl; toss well to coat.
- ☐ Place about 1 cup lettuce mixture on each of 6 plates; divide bread cubes evenly among plates.
- ☐ Place 1 chicken skewer on each plate. Top each serving with about 1 tablespoon cheese; sprinkle with pepper.

Nutrition Facts



Properties

Glycemic Index:24.11, Glycemic Load:5.3, Inflammation Score:-10, Nutrition Score:22.786956294723%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg, Quercetin: 4.76mg

Nutrients (% of daily need)

Calories: 371.34kcal (18.57%), Fat: 22.89g (35.21%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 13.57g (4.52%), Net Carbohydrates: 11.35g (4.13%), Sugar: 3.32g (3.69%), Cholesterol: 78.36mg (26.12%), Sodium: 710.35mg (30.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.89g (53.78%), Vitamin A: 4207.13IU (84.14%), Vitamin K: 80.53µg (76.7%), Vitamin B3: 11.12mg (55.6%), Selenium: 38.56µg (55.09%), Vitamin B6: 0.8mg (40.09%), Phosphorus: 313.57mg (31.36%), Folate: 88.51µg (22.13%), Manganese: 0.36mg (18.09%), Calcium: 174.51mg (17.45%), Vitamin B5: 1.66mg (16.59%), Potassium: 537.69mg (15.36%), Vitamin B2: 0.21mg (12.53%), Vitamin B1: 0.19mg (12.48%), Magnesium: 45.65mg (11.41%), Vitamin E: 1.69mg (11.3%), Iron: 1.93mg (10.72%), Fiber: 2.23g (8.91%), Zinc: 1.18mg (7.85%), Vitamin C: 4.5mg (5.45%), Vitamin B12: 0.31µg (5.19%), Copper: 0.09mg (4.52%), Vitamin D: 0.17µg (1.14%)