



Grilled Chicken Caesar Salad

READY IN



30 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 fillet to 4 anchovy chopped
- 2 inch flour whole-wheat italian
- 3 cloves garlic
- 1 juice of lemon
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup olive oil extra-virgin plus more for brushing
- 0.8 cup parmesan cheese freshly grated plus more for garnish
- 4 romaine lettuce hearts halved lengthwise
- 1 pound skin-on boneless

Equipment

- bowl
- frying pan
- blender
- grill
- grill pan

Directions

- Preheat a grill or grill pan to medium high. Make the dressing: Chop 2 garlic cloves and puree with 1/2 cup olive oil, the anchovies and lemon juice in a blender until smooth; season with salt and pepper. Pound the chicken with a mallet or heavy skillet until about 1/8 inch thick. Season with salt and pepper and toss with 1 tablespoon of the Caesar dressing. Grill the chicken until golden and crisp, 3 to 4 minutes per side.
- Brush the bread with olive oil on both sides and grill, turning, until toasted, about 2 minutes. Rub with the remaining garlic clove.
- Brush the romaine with 1 to 2 tablespoons of the dressing and grill until marked, 1 to 2 minutes per side. Chop the lettuce and transfer to a bowl.
- Cut the bread and chicken into bite-size pieces and add to the bowl. Toss with the remaining dressing, the parmesan, and pepper to taste.
- Garnish with more parmesan.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:18.960000126258%

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: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 271.9kcal (13.59%), Fat: 13.86g (21.33%), Saturated Fat: 4.34g (27.1%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 4.47g (1.63%), Sugar: 0.58g (0.64%), Cholesterol: 90.09mg (30.03%), Sodium: 665.7mg (28.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.66g (61.31%), Selenium: 44.02µg (62.88%), Vitamin B3: 12.23mg (61.16%), Vitamin A: 2636.66IU (52.73%), Vitamin B6: 0.92mg (45.97%), Phosphorus: 372.93mg (37.29%), Vitamin K: 32.54µg (30.99%), Calcium: 188.3mg (18.83%), Vitamin B5: 1.75mg (17.53%), Potassium: 547.73mg (15.65%), Vitamin B2: 0.21mg (12.09%), Folate: 45.49µg (11.37%), Zinc: 1.6mg (10.66%), Magnesium: 41.8mg (10.45%), Vitamin B12: 0.49µg (8.21%), Vitamin E: 1.15mg (7.66%), Vitamin C: 6.09mg (7.38%), Vitamin B1: 0.11mg (7.01%), Manganese: 0.12mg (5.84%), Iron: 0.92mg (5.09%), Copper: 0.06mg (3.19%), Fiber: 0.68g (2.72%), Vitamin D: 0.21µg (1.38%)