



Grilled Chicken Caesar Salad

 **Gluten Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



1

CALORIES



1836 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup caesar dressing
- 1 cup garlic
- 0.3 cup parmesan cheese freshly grated
- 1 serving pepper freshly ground
- 10 cups the of 1 cos lettuce
- 1.5 pounds chicken breast halves boneless skinless

Equipment

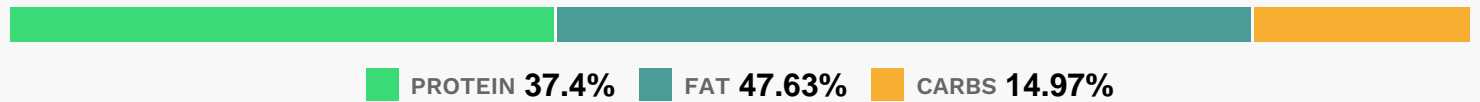
- bowl

grill

Directions

- Heat coals or gas grill.
- Cover and grill chicken 4 to 6 inches from medium heat 15 to 20 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.
- Cut chicken diagonally into 1/2-inch slices.
- Pour dressing into large salad bowl.
- Add romaine; toss to coat.
- Sprinkle with croutons, cheese and pepper; toss.
- Divide salad among 6 serving plates. Top each serving with chicken.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:12.66, Inflammation Score:-10, Nutrition Score:73.080434695534%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg, Myricetin: 2.19mg Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg

Nutrients (% of daily need)

Calories: 1835.62kcal (91.78%), Fat: 96.96g (149.17%), Saturated Fat: 19.66g (122.87%), Carbohydrates: 68.55g (22.85%), Net Carbohydrates: 55.22g (20.08%), Sugar: 10.28g (11.42%), Cholesterol: 510.27mg (170.09%), Sodium: 2855.07mg (124.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 171.3g (342.61%), Vitamin A: 41482.19IU (829.64%), Vitamin K: 609.53µg (580.5%), Vitamin B3: 73.46mg (367.31%), Selenium: 252.47µg (360.67%), Vitamin B6: 7.19mg (359.35%), Phosphorus: 2011.71mg (201.17%), Folate: 674.86µg (168.72%), Manganese: 3.19mg (159.51%), Potassium: 4320.44mg (123.44%), Vitamin B5: 11.38mg (113.81%), Vitamin C: 69.75mg (84.54%), Calcium: 786.79mg (78.68%), Vitamin B2: 1.27mg (74.81%), Magnesium: 290.89mg (72.72%), Vitamin B1: 1.07mg (71.11%), Iron: 10.82mg (60.1%), Zinc: 8.18mg (54.52%), Fiber: 13.34g (53.36%), Vitamin E: 7.75mg (51.69%), Copper: 0.84mg (42.12%), Vitamin B12: 1.85µg (30.77%), Vitamin D: 0.96µg (6.43%)