



Grilled Chicken Caesar Salad



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



585 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

Equipment

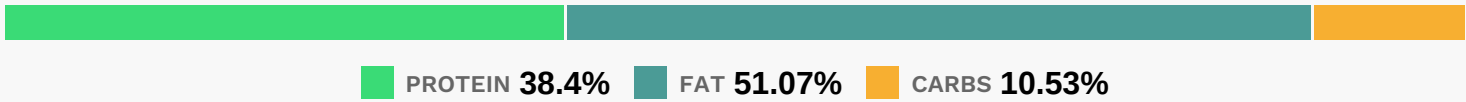
- ☐ bowl

☐ 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:34.67, Glycemic Load:4.93, Inflammation Score:-10, Nutrition Score:38.530434888342%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 585.03kcal (29.25%), Fat: 32.75g (50.39%), Saturated Fat: 6.66g (41.65%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 11.19g (4.07%), Sugar: 2.97g (3.3%), Cholesterol: 170.09mg (56.7%), Sodium: 1013.78mg (44.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.41g (110.82%), Vitamin A: 13823.32IU (276.47%), Vitamin K: 202.41µg (192.77%), Vitamin B3: 24.71mg (123.57%), Selenium: 81.47µg (116.38%), Vitamin B6: 1.84mg (91.81%), Phosphorus: 612.71mg (61.27%), Folate: 236.79µg (59.2%), Potassium: 1270.76mg (36.31%), Vitamin B5: 3.57mg (35.66%), Vitamin B2: 0.4mg (23.6%), Magnesium: 88.73mg (22.18%), Vitamin B1: 0.33mg (21.81%), Calcium: 187.81mg (18.78%), Iron: 3.24mg (18.02%), Manganese: 0.36mg (17.77%), Vitamin E: 2.55mg (16.99%), Fiber: 4g (16.02%), Zinc: 2.29mg (15.26%), Vitamin C: 9.11mg (11.04%), Vitamin B12: 0.62µg (10.26%), Copper: 0.16mg (8.08%), Vitamin D: 0.32µg (2.14%)