



Grilled Chicken Caesar Salad

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 0.5 teaspoon pepper black divided
- ☐ 1 teaspoon bottled garlic minced
- ☐ 1 teaspoon dijon mustard
- ☐ 2 ounces bread french cut into 1/2-inch cubes (2 cups)
- ☐ 2 cups lettuce chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 ounce parmesan fresh grated
- ☐ 6 cups the of 1 cos lettuce chopped

- ☐ 16 ounce chicken breast halves boneless skinless halved lengthwise
- ☐ 2 tablespoons citrus champagne vinegar

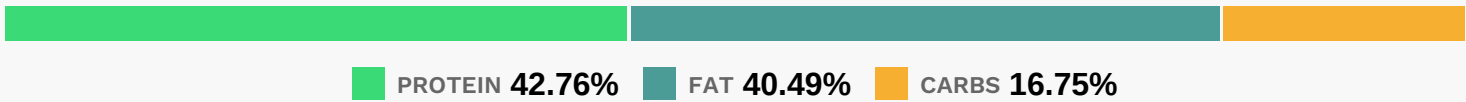
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Preheat oven to 40
- ☐ Spread bread cubes in a single layer on a baking sheet.
- ☐ Bake at 400 for 9 minutes or until lightly toasted.
- ☐ Heat a grill pan over high heat. Coat the pan with cooking spray.
- ☐ Sprinkle chicken with 1/4 teaspoon pepper.
- ☐ Add chicken to pan, and cook 3 1/2 minutes on each side or until done.
- ☐ Remove from pan; let stand 5 minutes.
- ☐ Cut chicken into slices.
- ☐ Combine remaining 1/4 teaspoon pepper, vinegar, and next 4 ingredients (through anchovy paste) in a large bowl, stirring with a whisk.
- ☐ Add romaine and radicchio to bowl; toss well to coat. Divide lettuce and chicken evenly among each of 4 plates. Top each serving with 1/2 cup croutons and 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:6.09, Inflammation Score:-10, Nutrition Score:25.722173758175%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 280.77kcal (14.04%), Fat: 12.5g (19.23%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 9.27g (3.37%), Sugar: 2.29g (2.55%), Cholesterol: 78.03mg (26.01%), Sodium: 381.93mg (16.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.42%), Vitamin A: 6413.31IU (128.27%), Vitamin K: 86.14µg (82.04%), Vitamin B3: 12.96mg (64.81%), Selenium: 43.38µg (61.97%), Vitamin B6: 0.96mg (47.84%), Phosphorus: 336.7mg (33.67%), Folate: 129.05µg (32.26%), Potassium: 684.86mg (19.57%), Vitamin B5: 1.85mg (18.5%), Vitamin B1: 0.25mg (16.48%), Manganese: 0.31mg (15.46%), Vitamin B2: 0.26mg (15.24%), Calcium: 133.12mg (13.31%), Magnesium: 51.69mg (12.92%), Iron: 2.04mg (11.31%), Vitamin E: 1.46mg (9.72%), Fiber: 2.37g (9.47%), Zinc: 1.26mg (8.41%), Vitamin C: 5.62mg (6.81%), Copper: 0.11mg (5.43%), Vitamin B12: 0.32µg (5.31%), Vitamin D: 0.16µg (1.08%)