



Grilled Chicken Caesar Salad

READY IN



50 min.

SERVINGS



50

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup classic caesar dressing divided kraft
- 1 clove garlic peeled cut in half
- 4 slices bread italian thick
- 1 Tbsp olive oil
- 3 Tbsp parmesan cheese grated kraft
- 6 cups torn romaine lettuce
- 1 lb chicken breasts boneless skinless cut into bite-size pieces

Equipment

- grill
- skewers

Directions

- Pour 2 Tbsp. dressing over chicken in shallow dish; turn to coat chicken with dressing. Refrigerate 30 min. to marinate.
- Meanwhile, heat grill to medium heat. Thread chicken onto 4 skewers. Grill 6 to 8 min. or until done, turning occasionally.
- Add bread to grill; cook 1 min. on each side or until toasted on both sides. Rub toast with garlic; brush with oil.
- Arrange toast and lettuce on platter; drizzle with remaining dressing. Top with chicken skewers and Parmesan.

Nutrition Facts



Properties

Glycemic Index:0.6, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:2.0547826108725%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 36.79kcal (1.84%), Fat: 2.54g (3.91%), Saturated Fat: 0.65g (4.08%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.63g (0.7%), Cholesterol: 6.98mg (2.33%), Sodium: 50.61mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 497.36IU (9.95%), Vitamin K: 8.44µg (8.04%), Vitamin B3: 1.04mg (5.19%), Selenium: 3.08µg (4.4%), Vitamin B6: 0.07mg (3.68%), Phosphorus: 23.78mg (2.38%), Folate: 9.11µg (2.28%), Potassium: 52.45mg (1.5%), Vitamin B5: 0.14mg (1.41%), Vitamin E: 0.18mg (1.19%)