



Grilled Chicken Caesar Salad with Spicy Chipotle Dressing

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 anchovies
- 1 chipotle pepper in adobo sauce
- 0.3 cup cilantro leaves
- 1 cup seasoned croutons
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 0.5 cup parmesan cheese shredded kraft
- 8 cups torn romaine lettuce

1 lb chicken breasts boneless skinless cut into strips

Equipment

bowl

blender

Directions

Place dressing, chipotle pepper, cilantro and anchovies in blender container; cover. Blend on medium speed until smooth.

Toss lettuce with chicken, croutons and cheese in large bowl.

Add dressing mixture; mix lightly.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.73, Glycemic Load:1.01, Inflammation Score:-8, Nutrition Score:8.05086963332222%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 80.17kcal (4.01%), Fat: 3.53g (5.43%), Saturated Fat: 1g (6.23%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.79g (1.01%), Sugar: 1.24g (1.38%), Cholesterol: 21.94mg (7.31%), Sodium: 182.92mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.3g (16.61%), Vitamin A: 2239.54IU (44.79%), Vitamin K: 31.02µg (29.55%), Vitamin B3: 3.44mg (17.19%), Selenium: 11.63µg (16.62%), Vitamin B6: 0.25mg (12.74%), Phosphorus: 98.69mg (9.87%), Folate: 38.39µg (9.6%), Potassium: 189.36mg (5.41%), Calcium: 52.75mg (5.28%), Vitamin B5: 0.5mg (4.95%), Vitamin B2: 0.07mg (3.84%), Vitamin B1: 0.05mg (3.55%), Magnesium: 14.14mg (3.53%), Iron: 0.53mg (2.95%), Fiber: 0.74g (2.94%), Manganese: 0.06mg (2.9%), Zinc: 0.36mg (2.39%), Vitamin E: 0.28mg (1.86%), Vitamin C: 1.47mg (1.78%), Vitamin B12: 0.1µg (1.73%), Copper: 0.03mg (1.39%)