



Grilled Chicken Caesar Topper

READY IN



10 min.

SERVINGS



10

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

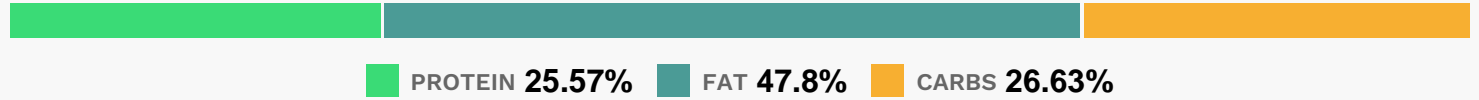
- 3 Tbsp lite creamy caesar dressing kraft
- 1 cup grilled chicken breast finely chopped
- 0.3 cup parsley fresh chopped
- 0.3 cup lettuce shredded
- 3 Tbsp parmesan cheese shredded kraft
- 0.3 cup onions red finely chopped
- 36 woven wheat crackers

Equipment

Directions

- Mix chicken, onions, parsley and dressing until well blended.
- Top crackers with lettuce, the chicken mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:3.5608695350263%

Flavonoids

Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 87.47kcal (4.37%), Fat: 4.61g (7.09%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.14g (1.87%), Sugar: 1.28g (1.42%), Cholesterol: 14.64mg (4.88%), Sodium: 141.7mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.09%), Vitamin K: 29.89µg (28.47%), Vitamin B3: 1.95mg (9.76%), Selenium: 4.3µg (6.14%), Vitamin B6: 0.09mg (4.68%), Phosphorus: 45.68mg (4.57%), Vitamin A: 154.64IU (3.09%), Calcium: 29.72mg (2.97%), Vitamin C: 2.37mg (2.87%), Iron: 0.49mg (2.7%), Fiber: 0.63g (2.52%), Vitamin E: 0.27mg (1.78%), Potassium: 56.03mg (1.6%), Vitamin B5: 0.16mg (1.59%), Magnesium: 6.13mg (1.53%), Vitamin B2: 0.02mg (1.44%), Zinc: 0.21mg (1.42%), Folate: 4.49µg (1.12%), Vitamin B12: 0.07µg (1.12%)