



Grilled Chicken Kabob Caesar Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 pound chicken breast boneless skinless cut into 1-inch pieces
- 8 medium spring onion cut into 4-inch pieces
- 1 large bell pepper red cut into wedges
- 0.8 cup caesar dressing
- 10 ounces the of 1 cos lettuce
- 0.5 cup croutons
- 1 ounce parmesan shredded

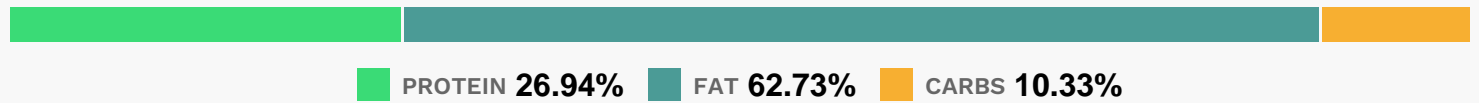
Equipment

- grill
- skewers
- metal skewers

Directions

- Heat coals or gas grill for direct heat. Thread chicken, onions and bell pepper alternately on each of four 10-inch metal skewers, leaving space between each piece. Reserve 1/2 cup of the dressing for serving.
- Brush skewers with remaining 1/4 cup dressing.
- Cover and grill kabobs 4 to 6 inches from medium heat 10 to 12 minutes or until chicken is no longer pink in center.
- Arrange kabobs on romaine; top with croutons and cheese.
- Serve with reserved 1/2 cup dressing.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:2.88, Inflammation Score:-10, Nutrition Score:30.620869553607%

Flavonoids

Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 443.45kcal (22.17%), Fat: 30.88g (47.5%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 7.9g (2.87%), Sugar: 4.56g (5.07%), Cholesterol: 94.58mg (31.53%), Sodium: 816.52mg (35.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.84g (59.67%), Vitamin K: 183.37µg (174.64%), Vitamin A: 7860.27IU (157.21%), Vitamin C: 62.45mg (75.69%), Vitamin B3: 12.85mg (64.24%), Selenium: 40.5µg (57.85%), Vitamin B6: 1.06mg (52.89%), Folate: 145.31µg (36.33%), Phosphorus: 343.03mg (34.3%), Potassium: 787.89mg (22.51%), Vitamin E: 3.22mg (21.5%), Vitamin B5: 1.95mg (19.54%), Calcium: 161.44mg (16.14%), Vitamin B2: 0.26mg (15.17%), Fiber: 3.54g (14.16%), Magnesium: 55.49mg (13.87%), Iron: 2.41mg (13.41%), Manganese: 0.26mg (12.88%), Vitamin B1: 0.19mg (12.85%), Zinc: 1.32mg (8.78%), Copper: 0.11mg (5.46%), Vitamin B12: 0.33µg (5.42%), Vitamin D: 0.19µg (1.29%)