



## Grilled Chicken & Romaine Caesar Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 cup classic caesar dressing kraft
- 0.5 cup croutons
- 2 cups grape tomatoes cut in half
- 0.3 cup kalamata olives pitted
- 1 Tbsp olive oil divided
- 0.3 cup parmesan cheese grated kraft
- 0.3 cup onions red thinly sliced
- 2 heads romaine lettuce

1 lb chicken breasts boneless skinless

## Equipment

grill

cutting board

## Directions

Heat grill to medium-high heat.

Brush lettuce evenly with half the oil, then brush chicken with remaining oil.

Grill chicken 6 to 8 min. on each side or until done (165F).

Transfer to cutting board; let stand 5 min.

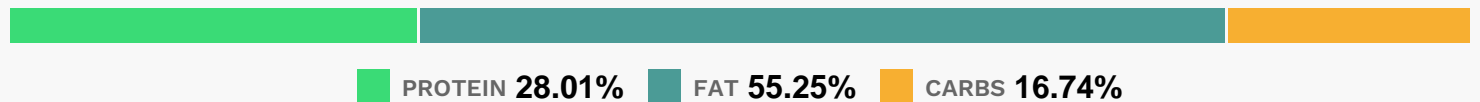
Meanwhile, place lettuce, cut sides down, on grill grate. Grill 3 to 4 min. or until lightly grill-marked on both sides, turning after 2 min.

Slice chicken; place on platter.

Add lettuce and all remaining ingredients except cheese and dressing.

Sprinkle with cheese; drizzle with dressing.

## Nutrition Facts



## Properties

Glycemic Index:34.25, Glycemic Load:2.81, Inflammation Score:-10, Nutrition Score:36.843043622763%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

## Nutrients (% of daily need)

Calories: 443.86kcal (22.19%), Fat: 27.8g (42.77%), Saturated Fat: 5.05g (31.57%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 10.7g (3.89%), Sugar: 6.98g (7.76%), Cholesterol: 89.47mg (29.82%), Sodium: 783.39mg

(34.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.42%), Vitamin A: 28014.31IU (560.29%), Vitamin K: 360.15µg (343%), Folate: 449.46µg (112.36%), Vitamin B3: 13.5mg (67.51%), Selenium: 41.73µg (59.61%), Vitamin B6: 1.17mg (58.43%), Potassium: 1412.1mg (40.35%), Phosphorus: 402.67mg (40.27%), Fiber: 8.25g (33.01%), Manganese: 0.64mg (31.76%), Vitamin C: 24.92mg (30.2%), Vitamin B1: 0.36mg (23.99%), Iron: 4.24mg (23.54%), Vitamin B2: 0.38mg (22.07%), Vitamin B5: 2.2mg (22.02%), Vitamin E: 3.28mg (21.84%), Magnesium: 87.36mg (21.84%), Calcium: 195.33mg (19.53%), Copper: 0.25mg (12.52%), Zinc: 1.86mg (12.41%), Vitamin B12: 0.32µg (5.33%), Vitamin D: 0.17µg (1.16%)