



## Grilled Chicken & Romaine Caesar Salad

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### 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:4.57, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:9.0599998430065%

## Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 59.18kcal (2.96%), Fat: 3.71g (5.7%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.93g (1.03%), Cholesterol: 11.93mg (3.98%), Sodium: 104.45mg (4.54%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Vitamin A: 3735.24IU (74.7%), Vitamin K: 48.02µg (45.73%), Folate: 59.93µg (14.98%), Vitamin B3: 1.8mg (9%), Selenium: 5.56µg (7.95%), Vitamin B6: 0.16mg (7.79%), Potassium: 188.28mg (5.38%), Phosphorus: 53.69mg (5.37%), Fiber: 1.1g (4.4%), Manganese: 0.08mg (4.23%), Vitamin C: 3.32mg (4.03%), Vitamin B1: 0.05mg (3.2%), Iron: 0.56mg (3.14%), Vitamin B2: 0.05mg (2.94%), Vitamin B5: 0.29mg (2.94%), Vitamin E: 0.44mg (2.91%), Magnesium: 11.65mg (2.91%), Calcium: 26.04mg (2.6%), Copper: 0.03mg (1.67%), Zinc: 0.25mg (1.65%)