



Grilled Dijon Chicken Caesar Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 Tbsp grey poupon dijon mustard divided
- 2 cloves garlic minced
- 2 Tbsp juice of lemon
- 0.3 cup olive oil
- 2 Tbsp parmesan cheese grated kraft
- 8 cups torn romaine lettuce
- 1 lb chicken breasts boneless skinless

Equipment

bowl

grill

Directions

Preheat grill to medium heat.

Brush chicken with 2 Tbsp. of the mustard. Grill 15 min. or until chicken is cooked through (170F), turning over after 8 min.

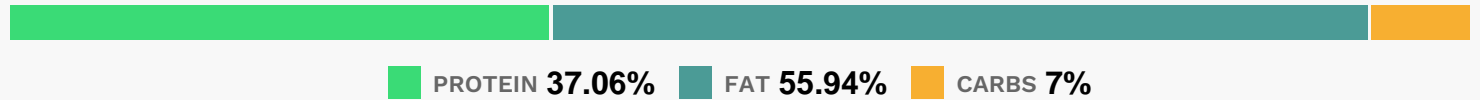
Cut chicken diagonally into thin slices; set aside.

Combine remaining 1 Tbsp. mustard, the oil, garlic, lemon juice and cheese in medium bowl.

Cover large platter with lettuce; top with chicken.

Drizzle with the mustard mixture.

Nutrition Facts



Properties

Glycemic Index:2.48, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:4.5217391433923%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 45.74kcal (2.29%), Fat: 2.85g (4.39%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 0.8g (0.27%), Net Carbohydrates: 0.4g (0.15%), Sugar: 0.24g (0.26%), Cholesterol: 11.96mg (3.99%), Sodium: 49.15mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.5%), Vitamin A: 1320.26IU (26.41%), Vitamin K: 16.79µg (15.99%), Vitamin B3: 1.95mg (9.76%), Selenium: 6.65µg (9.5%), Vitamin B6: 0.15mg (7.61%), Folate: 21.58µg (5.39%), Phosphorus: 47.56mg (4.76%), Potassium: 109.94mg (3.14%), Vitamin B5: 0.29mg (2.9%), Vitamin E: 0.38mg (2.5%), Magnesium: 7.96mg (1.99%), Manganese: 0.04mg (1.9%), Vitamin B2: 0.03mg (1.84%), Vitamin B1: 0.03mg (1.78%), Vitamin C: 1.37mg (1.66%), Fiber: 0.4g (1.61%), Iron: 0.26mg (1.45%), Zinc: 0.17mg (1.15%), Calcium: 11.07mg (1.11%)