

Grilled Marinated Chicken Caesar Salad

 **Gluten Free**

READY IN



100 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup cherry tomatoes halved
- 0.5 cup seasoned croutons
- 0.3 cup grey poupon country dijon mustard
- 1 clove garlic minced
- 0.3 tsp coarsely ground pepper black
- 2 Tbsp juice of lemon
- 1 tsp lemon zest grated
- 1 cup mushrooms sliced

- 0.5 cup olive oil
- 1 Tbsp parmesan cheese grated kraft
- 5 cups romaine lettuce
- 1 lb chicken breasts boneless skinless
- 0.5 tsp sugar
- 2 tsp lea & perrins worcestershire sauce

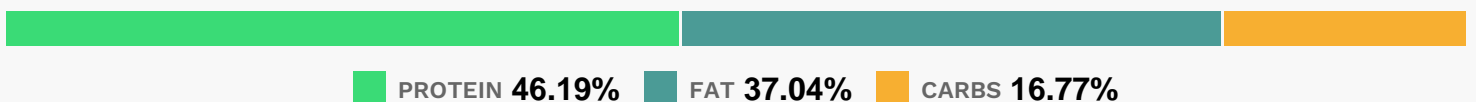
Equipment

- bowl
- grill

Directions

- Mix oil, mustard, lemon zest, lemon juice, Worcestershire sauce, garlic, sugar and pepper in small bowl.
- Pour 1/4 cup of the mustard mixture over chicken in nonmetal bowl; toss to coat. Cover. Refrigerate at least 1 hour to marinate. Refrigerate remaining mustard mixture until ready to serve.
- Preheat grill to medium-high heat.
- Drain chicken; discard marinade. Grill chicken 10 to 15 min. or until cooked through, turning once.
- Cut into thin strips.
- Toss chicken with lettuce, mushrooms, tomatoes and croutons in large bowl.
- Add reserved mustard mixture; mix lightly.
- Sprinkle with Parmesan cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:17.129999689434%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 157.77kcal (7.89%), Fat: 6.53g (10.04%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.83g (1.76%), Sugar: 2.24g (2.49%), Cholesterol: 49.11mg (16.37%), Sodium: 266.77mg (11.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.62%), Vitamin A: 3572.65IU (71.45%), Vitamin B3: 8.94mg (44.68%), Selenium: 30.81µg (44.02%), Vitamin K: 43.49µg (41.42%), Vitamin B6: 0.65mg (32.46%), Phosphorus: 213.12mg (21.31%), Folate: 67.55µg (16.89%), Potassium: 526.51mg (15.04%), Vitamin B5: 1.46mg (14.61%), Vitamin C: 11.29mg (13.69%), Vitamin B2: 0.19mg (11.33%), Vitamin B1: 0.14mg (9.19%), Manganese: 0.18mg (9.09%), Magnesium: 35.74mg (8.93%), Iron: 1.33mg (7.38%), Fiber: 1.81g (7.25%), Copper: 0.13mg (6.43%), Vitamin E: 0.91mg (6.04%), Zinc: 0.79mg (5.23%), Calcium: 39.92mg (3.99%), Vitamin B12: 0.17µg (2.81%)