



Grilled Romaine Chicken Caesar Salad

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



413 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 4 ounce bread french ()
- ☐ 4 servings caesar dressing
- ☐ 2 teaspoons olive oil
- ☐ 2 baby greens cut in half lengthwise
- ☐ 0.5 teaspoon salt divided
- ☐ 18 ounce chicken breast boneless skinless

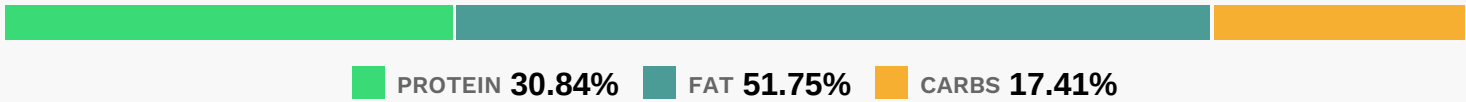
Equipment

☐ grill

Directions

- ☐ Prepare grill.
- ☐ Brush chicken with olive oil; sprinkle with 1/4 teaspoon salt and 1/2 teaspoon pepper. Coat romaine hearts with cooking spray, and sprinkle with remaining salt and pepper. Coat both sides of bread slices generously with cooking spray.
- ☐ Place chicken, romaine, and bread on a grill rack coated with cooking spray. Grill chicken 7 to 8 minutes on each side or until done. Grill romaine halves 4 to 5 minutes. Grill bread slices 3 minutes on each side or until toasted.
- ☐ Cut chicken diagonally into thin slices; cut grilled bread into large cubes. Arrange chicken strips and grilled croutons evenly over romaine halves; drizzle evenly with Caesar Dressing.

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:11.39, Inflammation Score:-10, Nutrition Score:26.837826324546%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 413.37kcal (20.67%), Fat: 23.51g (36.17%), Saturated Fat: 3.81g (23.83%), Carbohydrates: 17.8g (5.93%), Net Carbohydrates: 15.75g (5.73%), Sugar: 2.83g (3.14%), Cholesterol: 93.35mg (31.12%), Sodium: 976.97mg (42.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.53g (63.06%), Vitamin A: 4971.67IU (99.43%), Vitamin K: 91.68µg (87.32%), Vitamin B3: 14.87mg (74.33%), Selenium: 49.66µg (70.94%), Vitamin B6: 1.04mg (51.81%), Phosphorus: 320.91mg (32.09%), Folate: 117.48µg (29.37%), Vitamin B1: 0.33mg (21.8%), Vitamin B5: 2.02mg (20.23%), Potassium: 658.51mg (18.81%), Vitamin B2: 0.29mg (17.07%), Manganese: 0.32mg (15.76%), Vitamin E: 2.09mg (13.93%), Iron: 2.5mg (13.9%), Magnesium: 51.4mg (12.85%), Fiber: 2.06g (8.22%), Zinc: 1.2mg (8.02%), Copper: 0.11mg (5.64%), Calcium: 56.03mg (5.6%), Vitamin C: 3.88mg (4.7%), Vitamin B12: 0.26µg (4.4%), Vitamin D: 0.16µg (1.05%)