



Grilled Shrimp-Caesar Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tsp pepper black
- 0.5 cup lite creamy caesar dressing divided kraft
- 1 cup seasoned croutons fat-free
- 1 Tbsp juice of lemon
- 0.3 cup parmesan cheese shredded kraft
- 6 cups tightly torn romaine lettuce packed
- 0.8 lb shrimp deveined uncooked peeled
- 2 tomatoes cut into wedges

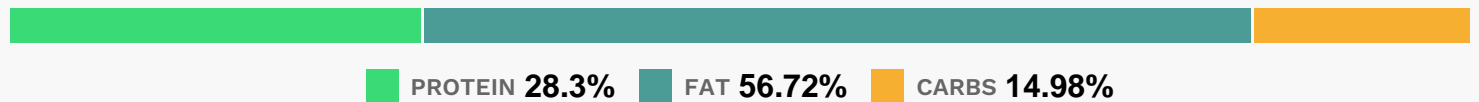
Equipment

- bowl
- grill

Directions

- Heat grill to medium heat.
- Mix 2 Tbsp. dressing, lemon juice and pepper in large bowl.
- Add shrimp; toss to coat.
- Grill shrimp 2 to 3 min. on each side or until shrimp turn pink.
- Toss lettuce with tomatoes, croutons and remaining dressing in serving bowl. Top with shrimp and cheese.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:4.139130446574%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 62.21kcal (3.11%), Fat: 3.97g (6.11%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.69g (0.76%), Cholesterol: 30.53mg (10.18%), Sodium: 123.58mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin A: 1342.65IU (26.85%), Vitamin K: 21.7µg (20.66%), Folate: 23.36µg (5.84%), Phosphorus: 55.24mg (5.52%), Copper: 0.08mg (4.24%), Calcium: 35.8mg (3.58%), Potassium: 115.03mg (3.29%), Vitamin C: 2.56mg (3.1%), Manganese: 0.06mg (2.9%), Magnesium: 10.54mg (2.64%), Vitamin E: 0.37mg (2.45%), Fiber: 0.56g (2.26%), Zinc: 0.34mg (2.24%), Iron: 0.4mg (2.22%), Vitamin B1: 0.03mg (1.69%), Selenium: 1µg (1.42%), Vitamin B2: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.19%), Vitamin B3: 0.21mg (1.03%)