



Hearts of Romaine Caesar Salad with Grilled Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 fillet anchovy canned
- ☐ 3 servings lemon-grilled chicken breasts thinly sliced
- ☐ 1.3 cups croutons plain
- ☐ 1 large eggs
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 garlic cloves

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 ounce parmigiano-reggiano cheese grated
- ☐ 14 ounces hearts of romaine lettuce separated
- ☐ 1 tablespoon water

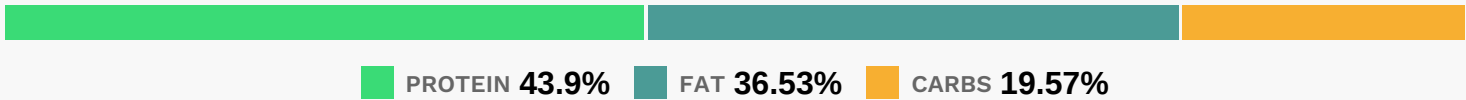
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place egg in a small bowl or coffee mug; cover with boiling water.
- ☐ Let stand 1 minute. Rinse egg with cold water; break egg into a small bowl.
- ☐ Combine pepper and next 3 ingredients (through garlic) in a mini food processor; process until minced.
- ☐ Add egg and juice; process 1 minute or until thick. Gradually add oil and 1 tablespoon water, processing until blended.
- ☐ Combine croutons, lettuce, Lemon-Grilled Chicken Breasts, and egg mixture in a large bowl; toss gently. Divide salad evenly among 4 plates.
- ☐ Sprinkle each serving with 1 tablespoon cheese.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:23.103913120601%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 244.09kcal (12.2%), Fat: 9.83g (15.12%), Saturated Fat: 2.89g (18.05%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 9.15g (3.33%), Sugar: 1.39g (1.55%), Cholesterol: 105.93mg (35.31%), Sodium: 420.5mg (18.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.57g (53.15%), Vitamin A: 8780.52IU (175.61%), Vitamin K: 104.66µg (99.67%), Vitamin B3: 9.74mg (48.7%), Selenium: 27.74µg (39.63%), Folate: 157.97µg (39.49%), Phosphorus: 264.8mg (26.48%), Vitamin B6: 0.51mg (25.41%), Vitamin B2: 0.25mg (14.79%), Calcium: 146.27mg (14.63%), Manganese: 0.28mg (13.89%), Iron: 2.41mg (13.37%), Potassium: 460.44mg (13.16%), Vitamin B1: 0.19mg (12.71%), Fiber: 2.7g (10.8%), Vitamin B5: 1.04mg (10.45%), Magnesium: 41.51mg (10.38%), Zinc: 1.35mg (8.97%), Vitamin C: 5.89mg (7.14%), Vitamin B12: 0.42µg (6.96%), Vitamin E: 0.98mg (6.52%), Copper: 0.12mg (5.86%), Vitamin D: 0.36µg (2.38%)