



KRAFT Classic Caesar Salad

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup classic caesar dressing kraft
- 1 cup seasoned croutons
- 0.3 cup parmesan cheese grated kraft
- 0.3 cup oscar mayer real bacon bits
- 8 cups torn romaine lettuce

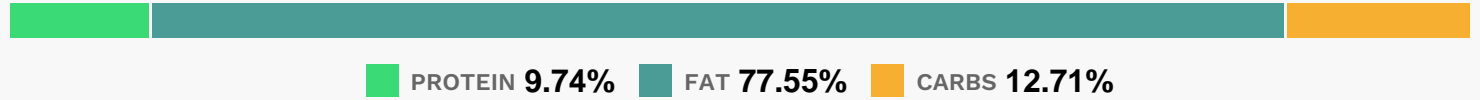
Equipment

- bowl

Directions

- Toss lettuce with croutons, cheese and bacon bits in large bowl.
- Add dressing; mix lightly.

Nutrition Facts



Properties

Glycemic Index:14.4, Glycemic Load:2.95, Inflammation Score:-10, Nutrition Score:14.463913066232%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 276.5kcal (13.82%), Fat: 24.07g (37.03%), Saturated Fat: 5.06g (31.62%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 6.81g (2.48%), Sugar: 1.89g (2.1%), Cholesterol: 27.62mg (9.21%), Sodium: 760.59mg (33.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin A: 6619.57IU (132.39%), Vitamin K: 114.21µg (108.77%), Folate: 111.3µg (27.82%), Vitamin E: 1.8mg (12.02%), Calcium: 105.23mg (10.52%), Manganese: 0.17mg (8.28%), Fiber: 2.06g (8.25%), Phosphorus: 78.42mg (7.84%), Selenium: 5.45µg (7.78%), Iron: 1.38mg (7.69%), Vitamin B1: 0.1mg (6.46%), Potassium: 215.67mg (6.16%), Vitamin B2: 0.09mg (5.48%), Magnesium: 15.43mg (3.86%), Vitamin C: 3.11mg (3.77%), Zinc: 0.55mg (3.69%), Vitamin B6: 0.07mg (3.57%), Vitamin B3: 0.58mg (2.91%), Copper: 0.05mg (2.6%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.1µg (1.68%)