



Lemon Caesar Salad

READY IN



37 min.

SERVINGS



4

CALORIES



558 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 1.3 cups bread french cubed ()
- ☐ 1 garlic clove minced
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 5 tablespoons olive oil divided
- ☐ 0.3 cup parmesan cheese fresh shaved

- ☐ 7 cups hearts of romaine lettuce coarsely chopped (2 hearts)
- ☐ 1 pound chicken breast halves boneless skinless

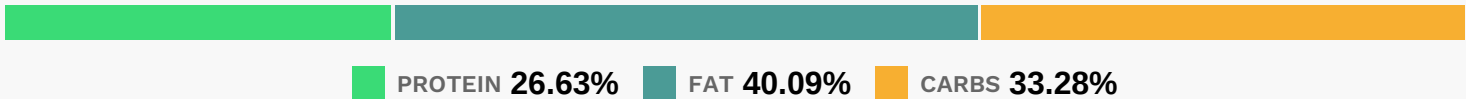
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine first 4 ingredients, 1/4 teaspoon salt, and 1/2 teaspoon pepper in a small bowl, stirring with a whisk. Gradually add 3 1/2 tablespoons oil, stirring with a whisk.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add bread cubes to pan; sprinkle with 1/8 teaspoon salt. Cook 4 to 5 minutes or until crunchy and golden, stirring occasionally.
- ☐ Remove from heat.
- ☐ Preheat grill to medium-high heat.
- ☐ Brush chicken with remaining 1 1/2 teaspoons oil; sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place chicken on grill rack; grill 6 minutes on each side or until done.
- ☐ Let stand 5 minutes; cut into thin slices.
- ☐ Place lettuce in a large bowl; drizzle with dressing.
- ☐ Sprinkle with cheese; toss to coat.
- ☐ Place about 1 3/4 cups lettuce mixture on each of 4 plates; top each with 1/3 cup croutons and 3 ounces chicken.

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:31.74, Inflammation Score:-10, Nutrition Score:36.724782663843%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

Nutrients (% of daily need)

Calories: 557.69kcal (27.88%), Fat: 24.96g (38.4%), Saturated Fat: 4.9g (30.65%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 42g (15.27%), Sugar: 5.49g (6.1%), Cholesterol: 78.24mg (26.08%), Sodium: 1127.66mg (49.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.3g (74.6%), Vitamin A: 11077.52IU (221.55%), Vitamin K: 141.25µg (134.52%), Selenium: 61.78µg (88.26%), Vitamin B3: 16.07mg (80.36%), Folate: 275.59µg (68.9%), Vitamin B6: 1.05mg (52.55%), Vitamin B1: 0.73mg (48.89%), Phosphorus: 420.48mg (42.05%), Manganese: 0.69mg (34.74%), Vitamin B2: 0.57mg (33.32%), Iron: 4.98mg (27.64%), Potassium: 851.3mg (24.32%), Vitamin B5: 2.12mg (21.23%), Vitamin E: 3.11mg (20.72%), Magnesium: 78.1mg (19.53%), Calcium: 192.36mg (19.24%), Fiber: 4.63g (18.51%), Zinc: 2.02mg (13.5%), Vitamin C: 10.91mg (13.23%), Copper: 0.22mg (11.2%), Vitamin B12: 0.33µg (5.45%), Vitamin D: 0.16µg (1.03%)