



WHATSheATE



Light Chicken Caesar Salad

READY IN



30 min.

SERVINGS



4

CALORIES



914 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 fillet anchovy
- ☐ 4 cups day-old crusty bread whole wheat cubed (preferably)
- ☐ 1 teaspoon dijon mustard
- ☐ 1 small clove garlic
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 ounces parmesan cheese shredded

- ☐ 4 servings pepper freshly ground
- ☐ 2 romaine lettuce hearts chopped
- ☐ 1 pound chicken breasts boneless skinless

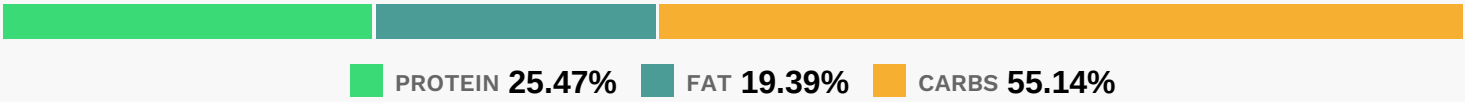
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ Make the croutons: Preheat the oven to 350 degrees F. Toss the bread cubes in a large bowl with 1 tablespoon olive oil.
- ☐ Spread on a baking sheet and bake until crisp, tossing halfway through, about 20 minutes. Meanwhile, make the dressing: Puree the yogurt, 2 tablespoons parmesan, the garlic, anchovies, lemon juice, mustard and 2 tablespoons water in a mini food processor or a blender. Pound the chicken between 2 pieces of plastic wrap with a heavy skillet until 1/2 inch thick.
- ☐ Brush a rimmed baking sheet with the remaining 1 tablespoon olive oil; add the chicken and season with salt.
- ☐ Brush evenly with 1 tablespoon of the dressing and sprinkle with 2 tablespoons parmesan. Broil, undisturbed, until golden and cooked through, about 5 minutes.
- ☐ Transfer to a cutting board. Toss the lettuce, croutons and the remaining dressing and 3/4 cup parmesan in a large bowl. Thinly slice the chicken. Divide the salad among bowls, top with the chicken and season with pepper.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:50.38, Glycemic Load:94.86, Inflammation Score:-9, Nutrition Score:41.441304040992%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 914.27kcal (45.71%), Fat: 19.62g (30.19%), Saturated Fat: 5.25g (32.83%), Carbohydrates: 125.51g (41.84%), Net Carbohydrates: 119.9g (43.6%), Sugar: 12.24g (13.6%), Cholesterol: 84.66mg (28.22%), Sodium: 2002.98mg (87.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.99g (115.97%), Selenium: 110.95µg (158.49%), Vitamin B1: 1.78mg (118.69%), Vitamin B3: 23.67mg (118.33%), Folate: 319.13µg (79.78%), Vitamin B2: 1.26mg (74.02%), Manganese: 1.32mg (65.84%), Phosphorus: 629.86mg (62.99%), Vitamin B6: 1.16mg (57.93%), Iron: 10.09mg (56.08%), Calcium: 335.06mg (33.51%), Magnesium: 118.37mg (29.59%), Vitamin A: 1368.08IU (27.36%), Vitamin B5: 2.61mg (26.05%), Zinc: 3.73mg (24.86%), Potassium: 800.96mg (22.88%), Fiber: 5.62g (22.46%), Copper: 0.42mg (20.79%), Vitamin K: 20.89µg (19.89%), Vitamin E: 1.8mg (12.01%), Vitamin B12: 0.58µg (9.74%), Vitamin C: 5.06mg (6.14%), Vitamin D: 0.18µg (1.23%)