



Mini Chicken-Caesar Salads

READY IN



25 min.

SERVINGS



8

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 serving parmesan cheese grated for coating muffin cups
- ☐ 11 oz flour tortilla for burritos (8 count)
- ☐ 2 chicken breast shredded boneless skinless
- ☐ 3 tablespoons caesar dressing
- ☐ 0.5 cup the of 1 cos lettuce finely chopped
- ☐ 0.3 cup corn whole canned
- ☐ 0.3 cup parmesan cheese grated
- ☐ 2 grape tomatoes quartered

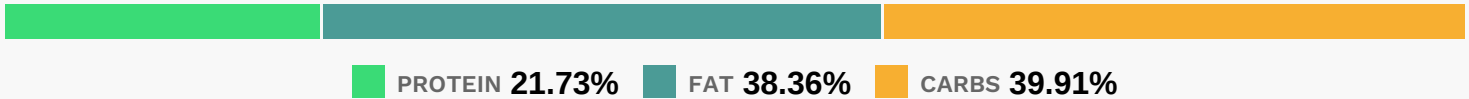
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin liners
- ☐ cutting board

Directions

- ☐ Heat oven to 375°F. Spray 16 mini muffin cups with cooking spray.
- ☐ Sprinkle grated Parmesan cheese evenly around side and in bottom of cups.
- ☐ On cutting board, cut out 2 (2 1/2-inch) rounds from each tortilla. Push 1 round into each muffin cup to form tortilla cup.
- ☐ Bake 5 minutes or until browned. Meanwhile, in small bowl, gently mix chicken and dressing.
- ☐ Divide lettuce evenly among cups. Top each with chicken mixture.
- ☐ Sprinkle with corn, 1/4 cup Parmesan cheese and the tomatoes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:6.13, Inflammation Score:-4, Nutrition Score:8.9708694815636%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 215.04kcal (10.75%), Fat: 9.04g (13.91%), Saturated Fat: 2.86g (17.88%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 19.66g (7.15%), Sugar: 1.75g (1.95%), Cholesterol: 26.21mg (8.74%), Sodium: 514.77mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.05%), Selenium: 20.24µg (28.91%), Vitamin B3: 4.75mg (23.74%), Phosphorus: 188.08mg (18.81%), Vitamin B1: 0.22mg (14.73%), Vitamin B6: 0.25mg (12.36%),

Calcium: 123.23mg (12.32%), Vitamin K: 12.11µg (11.54%), Folate: 44.29µg (11.07%), Manganese: 0.22mg (10.84%),
Vitamin B2: 0.17mg (9.76%), Iron: 1.66mg (9.22%), Vitamin A: 361.08IU (7.22%), Fiber: 1.5g (6.02%), Potassium:
190.26mg (5.44%), Vitamin B5: 0.5mg (5.01%), Magnesium: 19.83mg (4.96%), Zinc: 0.7mg (4.68%), Copper: 0.06mg
(2.84%), Vitamin B12: 0.15µg (2.52%), Vitamin E: 0.38mg (2.51%), Vitamin C: 1.13mg (1.38%)