



## Quick Chicken Caesar Salad

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



91 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

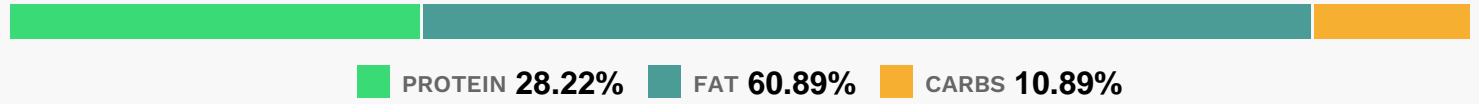
- 6 Tbsp classic caesar dressing kraft
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 0.3 cup croutons
- 2 Tbsp parmesan cheese shaved kraft
- 10 oz romaine lettuce chopped
- 1 tomatoes chopped

## Equipment

## Directions

- Toss lettuce with chicken, tomatoes and croutons.
- Add dressing; mix lightly.
- Top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:13.7, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:7.5678261188061%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 90.89kcal (4.54%), Fat: 6.14g (9.44%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.92g (1.02%), Cholesterol: 18.58mg (6.19%), Sodium: 145.19mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin A: 2586.08IU (51.72%), Vitamin K: 39.36µg (37.48%), Vitamin B3: 2.55mg (12.77%), Folate: 42.65µg (10.66%), Selenium: 5.55µg (7.93%), Vitamin B6: 0.14mg (6.81%), Phosphorus: 60mg (6%), Potassium: 147.44mg (4.21%), Vitamin E: 0.57mg (3.8%), Iron: 0.63mg (3.5%), Manganese: 0.07mg (3.47%), Vitamin C: 2.85mg (3.45%), Fiber: 0.84g (3.35%), Calcium: 29.97mg (3%), Vitamin B1: 0.04mg (2.96%), Magnesium: 11.18mg (2.8%), Vitamin B2: 0.05mg (2.8%), Vitamin B5: 0.23mg (2.31%), Zinc: 0.3mg (2.02%), Copper: 0.03mg (1.6%), Vitamin B12: 0.07µg (1.21%)