



Quick Chicken Caesar Salad

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 3 cups roasted chicken cooked
- 10 cups the of 1 cos lettuce
- 1.5 cups croutons
- 0.3 cup parmesan cheese freshly grated
- 1 serving pepper freshly ground
- 0.7 cup caesar dressing

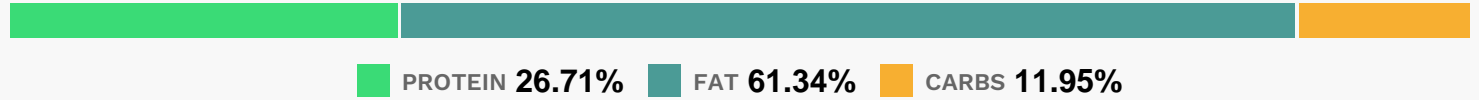
Equipment

- bowl

Directions

- Place chicken, romaine, croutons, cheese and pepper in large bowl.
- Toss with dressing until coated.

Nutrition Facts



Properties

Glycemic Index:17.33, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:19.777826065603%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 325.69kcal (16.28%), Fat: 22.02g (33.88%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 7.49g (2.72%), Sugar: 1.67g (1.86%), Cholesterol: 67.52mg (22.51%), Sodium: 524.29mg (22.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.15%), Vitamin A: 6908.56IU (138.17%), Vitamin K: 107.83µg (102.7%), Selenium: 22.71µg (32.44%), Vitamin B3: 6.18mg (30.92%), Folate: 120.79µg (30.2%), Phosphorus: 206.73mg (20.67%), Vitamin B6: 0.36mg (17.9%), Iron: 2.22mg (12.34%), Vitamin B2: 0.2mg (11.62%), Potassium: 381.1mg (10.89%), Zinc: 1.58mg (10.54%), Calcium: 101.67mg (10.17%), Vitamin B1: 0.15mg (10.04%), Manganese: 0.19mg (9.38%), Vitamin E: 1.37mg (9.12%), Fiber: 2.16g (8.65%), Vitamin B5: 0.86mg (8.64%), Magnesium: 30.49mg (7.62%), Vitamin B12: 0.29µg (4.76%), Copper: 0.09mg (4.74%), Vitamin C: 3.21mg (3.89%)