



Roasted Chicken Caesar Salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



910 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bottled caesar dressing refrigerated
- ☐ 8 chicken breast tenders
- ☐ 3 tablespoons chives fresh chopped
- ☐ 2 garlic cloves pressed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest loosely packed
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated

- ☐ 1 leaf toppings: parmesan cheese black
- ☐ 0.3 small onion red thinly sliced
- ☐ 2 romaine lettuce hearts halved lengthwise

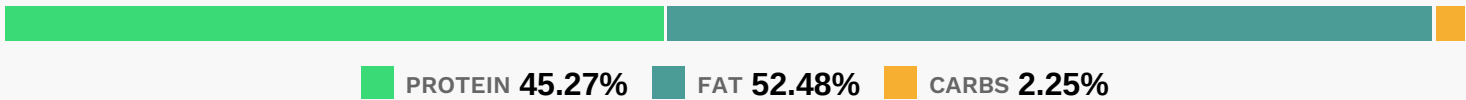
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler with oven rack 6 inches from heat.
- ☐ Place onion in water to cover; chill until ready to use.
- ☐ Whisk together Caesar dressing and next 5 ingredients.
- ☐ Brush both sides of chicken with 1/3 cup dressing mixture.
- ☐ Place chicken on a lightly greased rack in an aluminum foil-lined jelly-roll pan. Broil 6 to 8 minutes or until browned.
- ☐ Transfer chicken to a serving platter.
- ☐ Place lettuce, cut sides up, on rack in jelly-roll pan; brush with olive oil. Broil 3 to 5 minutes or until browned and wilted.
- ☐ Drizzle desired amount of remaining dressing mixture over chicken and lettuce.
- ☐ Drain onions; pat dry.
- ☐ Serve salad with onions, any remaining dressing, and desired toppings.
- ☐ Note: We tested with Naturally Fresh Classic Caesar Dressing.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:36.944348013919%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 909.69kcal (45.48%), Fat: 51.64g (79.45%), Saturated Fat: 9.56g (59.73%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.28g (2.53%), Cholesterol: 319.61mg (106.54%), Sodium: 1386.87mg (60.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 100.22g (200.45%), Vitamin B3: 47.26mg (236.28%), Selenium: 148.88µg (212.69%), Vitamin B6: 3.45mg (172.48%), Phosphorus: 1025.05mg (102.51%), Vitamin K: 84.04µg (80.04%), Vitamin B5: 6.57mg (65.68%), Potassium: 1766.59mg (50.47%), Magnesium: 125.95mg (31.49%), Vitamin A: 1547.58IU (30.95%), Vitamin B2: 0.5mg (29.63%), Vitamin E: 4.22mg (28.15%), Vitamin B1: 0.32mg (21.1%), Zinc: 3.13mg (20.87%), Vitamin B12: 1.04µg (17.29%), Iron: 2.58mg (14.35%), Calcium: 139.01mg (13.9%), Vitamin C: 10.22mg (12.39%), Folate: 43.31µg (10.83%), Manganese: 0.16mg (8.09%), Copper: 0.15mg (7.48%), Vitamin D: 0.55µg (3.69%), Fiber: 0.83g (3.32%)