



HEALTH SCORE

100%

Roasted Garlic Chicken Sausage Caesar Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



375 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 tablespoon caesar dressing low fat



6 cherry tomatoes



1 clove garlic minced



1 tablespoon olive oil



12 ounce al fresco® all natural roasted garlic chicken sausage sliced into 1/4-inch pieces (2 links)



2 cups romaine lettuce

Equipment



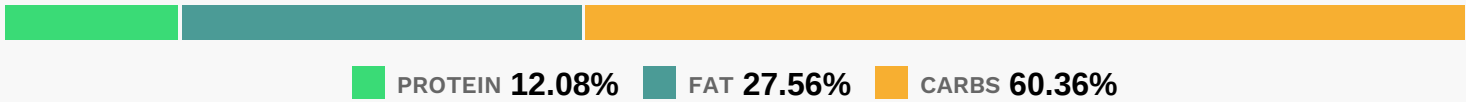
bowl

☐ frying pan

Directions

- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add sausage slices and cook until slightly browned.
- ☐ Toss lettuce, garlic, tomatoes, and dressing in a bowl.
- ☐ Mix in warm sausage and serve.
- ☐ Top with shredded parmesan cheese if desired.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:15.96, Inflammation Score:-10, Nutrition Score:32.33260871389%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 2.77mg, Myricetin: 2.77mg, Myricetin: 2.77mg, Myricetin: 2.77mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg

Nutrients (% of daily need)

Calories: 374.57kcal (18.73%), Fat: 12.3g (18.93%), Saturated Fat: 1.79g (11.19%), Carbohydrates: 60.63g (20.21%), Net Carbohydrates: 55.65g (20.24%), Sugar: 3.75g (4.17%), Cholesterol: 2.87mg (0.96%), Sodium: 127.62mg (5.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.27%), Manganese: 3mg (149.91%), Vitamin B6: 2.2mg (110.24%), Vitamin A: 4361.03IU (87.22%), Vitamin C: 67.07mg (81.29%), Vitamin K: 64.45µg (61.38%), Selenium: 24.93µg (35.61%), Calcium: 335.31mg (33.53%), Phosphorus: 292.32mg (29.23%), Copper: 0.57mg (28.73%), Vitamin B1: 0.4mg (26.41%), Potassium: 917.58mg (26.22%), Iron: 3.84mg (21.32%), Fiber: 4.98g (19.94%), Folate: 75.84µg (18.96%), Zinc: 2.18mg (14.52%), Vitamin B2: 0.23mg (13.66%), Magnesium: 54.22mg (13.55%), Vitamin E: 1.84mg (12.27%), Vitamin B5: 1.16mg (11.61%), Vitamin B3: 1.62mg (8.11%)