



Seasoned Chicken Caesar Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



3

CALORIES



353 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 9 oz chicken breast strips/pre-cooked/chopped frozen cooked southwestern-flavored
- 4 cups the of 1 cos lettuce packed
- 0.3 cup caesar dressing
- 0.5 cup tomato basil sauce crumbled
- 0.3 cup tortilla chips crushed

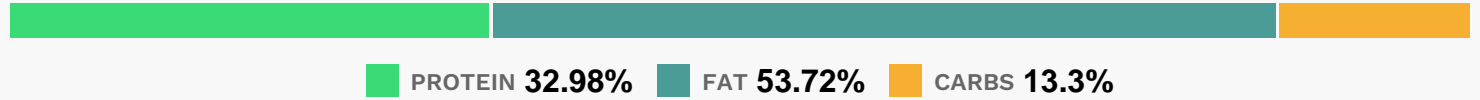
Equipment

- bowl
- microwave

Directions

- Heat chicken as directed on package using microwave.
- In large bowl, combine all ingredients except tortilla chips; toss gently. Top with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:20.847391532815%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 352.74kcal (17.64%), Fat: 20.8g (32%), Saturated Fat: 3.53g (22.05%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 8.96g (3.26%), Sugar: 3.05g (3.39%), Cholesterol: 82.47mg (27.49%), Sodium: 493.66mg (21.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.73g (57.47%), Vitamin A: 5610.29IU (112.21%), Vitamin K: 93.91µg (89.44%), Vitamin B3: 11.95mg (59.74%), Selenium: 24.56µg (35.09%), Vitamin B6: 0.58mg (29.02%), Phosphorus: 239.23mg (23.92%), Folate: 90.3µg (22.58%), Potassium: 464.19mg (13.26%), Vitamin E: 1.89mg (12.58%), Iron: 2.04mg (11.34%), Fiber: 2.63g (10.52%), Magnesium: 42.01mg (10.5%), Vitamin B5: 1.04mg (10.45%), Vitamin B2: 0.15mg (8.72%), Vitamin B1: 0.12mg (8.05%), Zinc: 1.16mg (7.7%), Calcium: 62.8mg (6.28%), Manganese: 0.12mg (6.08%), Vitamin B12: 0.3µg (4.95%), Vitamin C: 3.59mg (4.35%), Copper: 0.08mg (4.18%)