



Seasoned Chicken Caesar Salad

 Gluten Free

READY IN



10 min.

SERVINGS



3

CALORIES



404 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

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

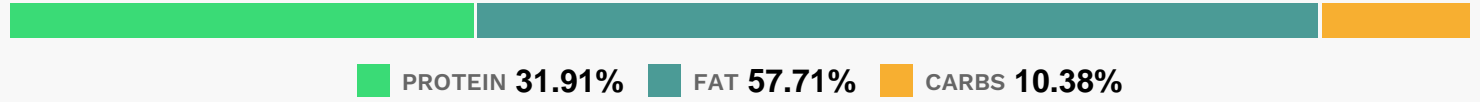
Equipment

- 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:9, Glycemic Load:0.26, Inflammation Score:-10, Nutrition Score:23.518695546233%

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: 403.99kcal (20.2%), Fat: 25.68g (39.5%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 10.39g (3.46%), Net Carbohydrates: 8.43g (3.06%), Sugar: 1.55g (1.73%), Cholesterol: 104.72mg (34.91%), Sodium: 700.33mg (30.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.95g (63.9%), Vitamin A: 5590.79IU (111.82%), Vitamin K: 94.36µg (89.86%), Vitamin B3: 12.2mg (60.98%), Selenium: 28.31µg (40.45%), Vitamin B6: 0.69mg (34.32%), Phosphorus: 323.48mg (32.35%), Folate: 98.3µg (24.58%), Vitamin B2: 0.36mg (21.13%), Calcium: 179.38mg (17.94%), Vitamin E: 1.93mg (12.88%), Vitamin B5: 1.29mg (12.87%), Zinc: 1.88mg (12.5%), Vitamin B12: 0.72µg (11.99%), Potassium: 413.02mg (11.8%), Magnesium: 46.76mg (11.69%), Iron: 2.08mg (11.57%), Vitamin B1: 0.16mg (10.61%), Fiber: 1.96g (7.86%), Manganese: 0.13mg (6.43%), Copper: 0.09mg (4.58%), Vitamin C: 2.59mg (3.13%), Vitamin D: 0.21µg (1.41%)