



Shake-it-Up Chicken Caesar Salad

 Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



214 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 Tbsp classic caesar dressing kraft
- 0.5 cup oscar mayer carving board flame grilled chicken breast strips chopped
- 4 grape tomatoes
- 1 cup torn salad greens

Equipment

Directions

- Spoon dressing into 3-cup resealable container; top with remaining ingredients. Cover with lid.
- Shake container to coat salad with dressing just before serving.

Nutrition Facts

PROTEIN 43.93%

FAT 47.68%

CARBS 8.39%

Properties

Glycemic Index:38, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:12.196956533453%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 213.81kcal (10.69%), Fat: 11.16g (17.17%), Saturated Fat: 2.02g (12.64%), Carbohydrates: 4.42g (1.47%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.2g (2.45%), Cholesterol: 65.23mg (21.74%), Sodium: 243.47mg (10.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.13g (46.26%), Vitamin B3: 10.23mg (51.14%), Selenium: 19.72µg (28.16%), Vitamin B6: 0.51mg (25.5%), Vitamin C: 18.64mg (22.59%), Vitamin A: 1040.54IU (20.81%), Vitamin K: 21.02µg (20.02%), Phosphorus: 194.31mg (19.43%), Potassium: 413.42mg (11.81%), Vitamin E: 1.25mg (8.35%), Magnesium: 32.47mg (8.12%), Vitamin B5: 0.8mg (7.96%), Manganese: 0.15mg (7.69%), Iron: 1.32mg (7.35%), Folate: 28.09µg (7.02%), Vitamin B2: 0.11mg (6.72%), Zinc: 0.92mg (6.11%), Vitamin B1: 0.09mg (5.84%), Copper: 0.1mg (4.79%), Vitamin B12: 0.24µg (4.04%), Fiber: 0.89g (3.56%), Calcium: 29.56mg (2.96%)