



Springtime Chicken Caesar Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups cut-up asparagus cooked (1-inch pieces)
- 0.5 cup golden caesar dressing light kraft
- 2 cups cherry tomatoes halved
- 2.5 cups chicken breast strips boneless skinless cooked
- 1 cup seasoned croutons
- 0.3 cup parmesan cheese grated kraft
- 10 oz torn romaine lettuce

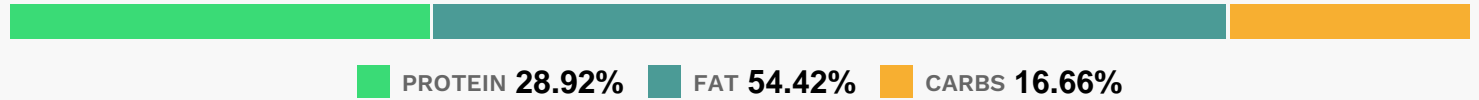
Equipment

bowl

Directions

- Toss lettuce with chicken, tomatoes and asparagus in large bowl.
- Add dressing just before serving; mix lightly.
- Sprinkle with croutons and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:4.08, Inflammation Score:-10, Nutrition Score:28.900434856829%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg

Nutrients (% of daily need)

Calories: 361.78kcal (18.09%), Fat: 22.03g (33.89%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 11.23g (4.08%), Sugar: 4.79g (5.32%), Cholesterol: 76.89mg (25.63%), Sodium: 641.12mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.67%), Vitamin A: 7136.11IU (142.72%), Vitamin K: 133.74µg (127.37%), Vitamin B3: 11.48mg (57.38%), Selenium: 37.67µg (53.81%), Vitamin B6: 0.89mg (44.44%), Folate: 155.53µg (38.88%), Phosphorus: 327.67mg (32.77%), Vitamin C: 24.79mg (30.04%), Potassium: 849mg (24.26%), Iron: 3.63mg (20.15%), Vitamin E: 2.87mg (19.13%), Vitamin B1: 0.28mg (19%), Manganese: 0.36mg (18.1%), Vitamin B5: 1.79mg (17.93%), Vitamin B2: 0.3mg (17.47%), Fiber: 3.95g (15.78%), Magnesium: 55.48mg (13.87%), Copper: 0.26mg (12.97%), Calcium: 127.4mg (12.74%), Zinc: 1.54mg (10.28%), Vitamin B12: 0.28µg (4.68%), Vitamin D: 0.15µg (1.03%)