



HEALTH SCORE

58%

Sunday Caesar Salad



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



687 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 lb chicken breast boneless skinless
- ☐ 1 juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 2 cloves garlic minced
- ☐ 1 serving salt and pepper
- ☐ 0.5 crusty baguette whole wheat
- ☐ 1 serving olive oil
- ☐ 1 clove garlic minced

- ☐ 1 serving salt and pepper
- ☐ 1 serving parmesan cheese finely grated
- ☐ 2 tablespoons asiago cheese finely grated
- ☐ 2 tablespoons olive oil
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon mustard
- ☐ 1 juice of lemon
- ☐ 1 serving salt and pepper
- ☐ 2 baby greens chopped
- ☐ 2 avocado pitted ripe peeled sliced
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons capers
- ☐ 1 serving parmesan

Equipment

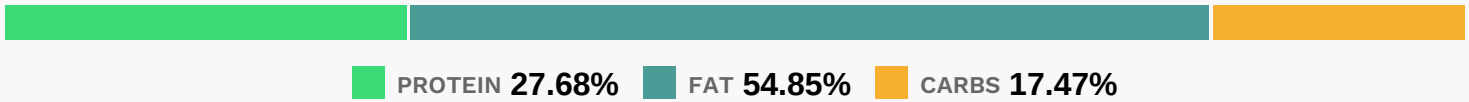
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ tongs
- ☐ grill pan
- ☐ cutting board
- ☐ peeler

Directions

- ☐ Place chicken large resealable food-storage plastic bag. Top with Marinade ingredients. Refrigerate 30 minutes.
- ☐ Heat oven to 300°F. Line cookie sheet with foil.

- ☐ Cut baguette into 1-inch cubes. In large bowl, toss with remaining Croutons ingredients.
- ☐ Transfer bread cubes to cookie sheet.
- ☐ Bake 25 to 35 minutes or until crisp.
- ☐ Remove from oven; set aside to cool.
- ☐ Heat grill pan over medium-high heat until hot. Cook chicken 8 to 10 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (at least 165°F). (Cook time depends on how thick the pieces are.)
- ☐ Transfer chicken to cutting board; let stand while making Dressing.
- ☐ Meanwhile, place dressing ingredients in small jar with lid. Cover; shake until combined. Set aside at room temperature.
- ☐ In large salad bowl, place lettuce, avocados, tomatoes and capers.
- ☐ Cut chicken into strips; add to salad.
- ☐ Add most of the croutons. Using vegetable peeler, shave Parmesan cheese into slivers over salad.
- ☐ Add dressing; toss with hands or tongs until everything is equally coated.
- ☐ Serve with additional Parmesan cheese and croutons to taste.

Nutrition Facts



Properties

Glycemic Index:71.94, Glycemic Load:11.42, Inflammation Score:-10, Nutrition Score:42.393043424772%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg, Kaempferol: 5.28mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg

Nutrients (% of daily need)

Calories: 686.89kcal (34.34%), Fat: 42.55g (65.47%), Saturated Fat: 8.54g (53.39%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 21.37g (7.77%), Sugar: 4.26g (4.73%), Cholesterol: 122.19mg (40.73%), Sodium: 968.4mg (42.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.32g (96.64%), Vitamin A: 5451.61IU (109.03%), Vitamin B3: 21.38mg (106.92%), Selenium: 66.41µg (94.87%), Vitamin K: 93.22µg (88.79%), Vitamin B6: 1.7mg (84.86%), Phosphorus: 591.02mg (59.1%), Folate: 208.58µg (52.14%), Vitamin B5: 4.18mg (41.78%), Potassium: 1430.45mg (40.87%), Fiber: 9.13g (36.51%), Vitamin E: 5.42mg (36.14%), Vitamin C: 29.76mg (36.08%), Vitamin B2: 0.52mg (30.48%), Vitamin B1: 0.43mg (28.72%), Calcium: 269.8mg (26.98%), Magnesium: 103.36mg (25.84%), Manganese: 0.51mg (25.45%), Iron: 3.43mg (19.03%), Copper: 0.36mg (18.17%), Zinc: 2.72mg (18.15%), Vitamin B12: 0.56µg (9.36%), Vitamin D: 0.26µg (1.72%)