



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Chicken Caesar Salad <sup>♦♦</sup>

Chicken Caesar Salad is a classic salad made with romaine lettuce, grilled chicken, croutons, Parmesan cheese, and Caesar dressing. It is a popular dish that is often served as a main course or as a side dish. The salad is known for its creamy dressing and bold flavors.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

8 oz	chicken breast
16 oz	Romaine Lettuce
4 oz	croutons
2 oz	parmesan cheese
2 oz	caesar dressing

# Directions

---

## Step 1

Grilling

Grill the chicken breast until cooked through.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

---

## Step 2

Cutting

Chop the romaine lettuce into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 3

Cutting

Slice the grilled chicken breast into strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

## Mixing

In a large bowl, combine the romaine lettuce, grilled chicken, croutons, Parmesan cheese, and Caesar dressing.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 5

### Mixing

Toss the salad until well coated with the dressing.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 6

### Serving

Serve the Chicken Caesar Salad immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Cuisines

Thai

### Course

Salads Sauces & Dressings

### Cultural

Chinese New Year Passover Easter

### Cost

\$40 to \$50

### Demographics

Kids Friendly Teen Friendly Lactation Friendly Heart Healthy

### Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

**Meal Type**

Lunch

Dinner

Snack

**Difficulty Level**

Easy

Visit our website: [healthdor.com](http://healthdor.com)