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Chicken Caesar Asiago Salad

A classic Caesar salad with a twist, featuring grilled chicken and Asiago cheese.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Romaine Lettuce
200 g	grilled chicken breast
50 g	asiago cheese
100 g	caesar dressing
50 g	croutons
2 g	Black pepper
2 g	Salt

Directions

Step 1

Cut

Wash and chop the Romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Grill the chicken breast until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Cut

Shred the Asiago cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

In a large bowl, combine the Romaine lettuce, grilled chicken, Asiago cheese, croutons, black pepper, and salt.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Mixing

Drizzle Caesar dressing over the salad and toss to coat.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 10 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	10 g	18.18%	20%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter Thanksgiving Halloween

Cuisines

Italian

Indian

Thai

Greek

American

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Meal Type

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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