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## Lunch Chicken Caesar Salad

A classic chicken caesar salad recipe perfect for lunch. This salad is made with fresh romaine lettuce, grilled chicken breast, homemade caesar dressing, and topped with croutons and parmesan cheese.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	Romaine Lettuce
200 g	grilled chicken breast
50 g	caesar dressing
25 g	croutons
25 g	parmesan cheese

# Directions

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## Step 1

Cut

Wash and chop the romaine lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Grilling

Grill the chicken breast until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 3

Cut

Slice the grilled chicken breast.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

## Mixing

In a large bowl, combine the romaine lettuce, grilled chicken breast, caesar dressing, croutons, and parmesan cheese.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

### Stirring

Toss the salad until well coated with the dressing.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

### Plating

Serve the chicken caesar salad in individual bowls.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 12 g

**Protein:** 30 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	12 g	42.86%	48%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
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	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%

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

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Salads

Snacks

Sauces & Dressings

Main Dishes

### Meal Type

Brunch

Lunch

Supper

### Difficulty Level

Medium

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