

Grilled Chicken Caesar Salad

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-caesar-salad-recipe-indian>

Ingredients:

- 1 chicken Nutrisystem Grilled Chicken, defrosted
- 2 cups romaine lettuce chopped
- 6 tablespoons nonfat plain greek yogurt
- 1/4 cup grated Parmesan cheese
- 1 tablespoon extra virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon anchovy paste
- 1 teaspoon minced garlic
- 1 tablespoon grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1 pinch black pepper

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 255 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 80 grams
7. SaturatedFat: 6 grams
8. Sodium: 460 milligrams
9. Sugar: 5 grams

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