

Chicken Caesar Salad

🕒 20 min 🍽️ 2 servings

1020 Kcal / serving

68g Protein 76g Fat 18g Carbs

Ingredients

- Parmesan cheese, 1/2 cup (56 g)
- Lemon, 1/4 (27 g)
- Salt, 1 tsp (4 g)
- Chicken breasts, 320 g (320 g)
- Mayonnaise, 1/4 cup (56 g)
- Bacon, 100 (100 g)
- Olive oil, 1/2 tablespoon (6.8 g)
- Anchovies, 1 tbsp (14.8 g)
- Dijon mustard, 1 tablespoon (15 g)
- Garlic clove (crushed) - avoid to make it fodmap friendly, 1 100 gram (3 g)
- Romaine lettuce, 396.9 g
- Boiled Eggs-quatered, 2 large egg (140 g)
- Avocado- peeled and cubed, 1 avocado (158 g)



Instructions

1. Preheat the oven to 175°C.
2. Whisk together 0.5 cups of the mayonnaise, with the Dejon mustard, lemon juice, 1/4 cup of the parmesan cheese, the anchovies, crushed garlic and salt and pepper to taste.
3. Set aside in the refrigerator.
4. Place the chicken breasts in a greased baking dish.
5. Season the chicken with salt and pepper and drizzle olive oil on top.
6. Bake the chicken in the oven for about 20-25 minutes in the preheated oven or until fully cooked through.
7. You can also cook the chicken on the stove top if you prefer.
8. Cube the cooked chicken, and set aside.
9. Fry the bacon until crisp, cut into smaller pieces.

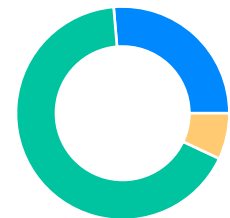
10. Chop lettuce and divide into two bowls. Top with chicken and the crispy, bacon, then top with egg and avocado.
11. Finish with a generous dollop of dressing and a good grating of parmesan cheese, mix through to coat the salad.
12. Serve immediately.

Comments

Low carb, keto, gluten free, fodmap friendly

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2039.1	157.2	1019.6
Protein [g]	135	10.4	67.5
Fat [g]	151.7	11.7	75.9
Carbs [g]	35.8	2.8	17.9
Fiber [g]	20.4	1.6	10.2
Net Carbs [g]	15.4	1.2	7.7



Protein Fat Carbs

Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	953.1	73.5	476.6
Iron, Fe [mg]	9.5	0.7	4.8
Magnesium, Mg [mg]	258.4	19.9	129.2
Phosphorus, P [mg]	1718.9	132.5	859.5
Potassium, K [mg]	3381.3	260.6	1690.7
Sodium, Na [mg]	3880.4	299.1	1940.2
Zinc, Zn [mg]	8.8	0.7	4.4
Vitamin A, RAE [ug]	386.8	29.8	193.4
Vitamin E [mg]	10.6	0.8	5.3
Vitamin D [ug]	3.9	0.3	2
Vitamin C [mg]	47	3.6	23.5
Thiamin [mg]	1.1	0.1	0.6

Riboflavin [mg]	2.1	0.2	1.1
Niacin [mg]	41.2	3.2	20.6
Vitamin B6 [mg]	3.9	0.3	2
Vitamin B12 [ug]	3.6	0.3	1.8
Vitamin K [ug]	537	41.4	268.5