



Brown Derby Original Cobb Salad

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado ripe
- ☐ 1 cup old fashioned brown derby dressing french (see separate recipe)
- ☐ 1 bunch chicory (small)
- ☐ 8 slice bacon crisp cooked
- ☐ 3 hardboiled eggs
- ☐ 0.5 head iceberg lettuce
- ☐ 6 servings imported roquefort cheese crumbled
- ☐ 2 medium tomatoes

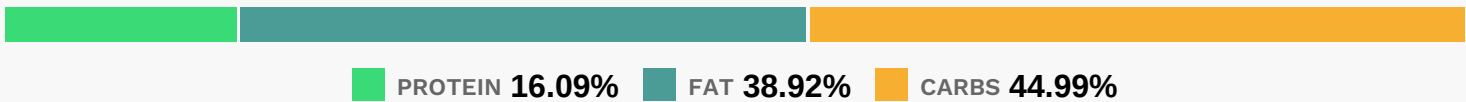
☐ 0.5 bunch watercress

Equipment

Directions

- ☐ Chop the lettuce, watercress, chicory and romaine and set them aside separately.
- ☐ Cut tomatoes in half, remove seeds, dice finely, Set them aside as well. Pull the breast meat it bite size strips, set aside. Chop the cooked bacon finely and set aside.
- ☐ Cut avocado in small pieces and set aside.Carefully arrange all the set aside ingredients on a serving platter. You may toss them all together but its better to keep things laid out separately so each diner may arrange their own salad plate to suit themselves.Decorate the platter with quartered hard-boiled eggs, chopped chives, and some crumbled blue cheese. Pass the Old fashioned French Dressing at the table for each diner to dress their own salad.

Nutrition Facts



Properties

Glycemic Index:45.46, Glycemic Load:14.56, Inflammation Score:-9, Nutrition Score:25.815217235814%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 9.22mg, Kaempferol: 9.22mg, Kaempferol: 9.22mg, Kaempferol: 9.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 289.03kcal (14.45%), Fat: 12.79g (19.68%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 33.28g (11.09%), Net Carbohydrates: 26.27g (9.55%), Sugar: 2.68g (2.98%), Cholesterol: 104.71mg (34.9%), Sodium: 258.11mg (11.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.9g (23.81%), Vitamin K: 223.89µg (213.23%), Manganese: 1.71mg (85.45%), Vitamin A: 2679.6IU (53.59%), Folate: 185.73µg (46.43%), Fiber: 7.01g (28.05%), Phosphorus: 233.34mg (23.33%), Vitamin B5: 2.28mg (22.77%), Vitamin B1: 0.33mg (22.25%), Potassium: 768.83mg (21.97%), Magnesium: 82.02mg (20.51%), Vitamin B6: 0.41mg (20.36%), Vitamin C: 16.68mg (20.22%), Selenium:

13.62µg (19.46%), Vitamin B3: 3.74mg (18.68%), Vitamin B2: 0.3mg (17.75%), Zinc: 2.28mg (15.19%), Copper: 0.29mg (14.39%), Iron: 2.17mg (12.04%), Vitamin E: 1.7mg (11.3%), Calcium: 93.91mg (9.39%), Vitamin B12: 0.4µg (6.67%), Vitamin D: 0.59µg (3.95%)