



Camp Cobb Salad

 Very Healthy

READY IN



80 min.

SERVINGS



4

CALORIES



1073 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 pound bacon
- 1 head bibb lettuce dried
- 0.8 cup buttermilk
- 3 carrots shredded with a vegetable peeler peeled sliced
- 1 tablespoon parsley dried
- 2 cucumbers english peeled sliced
- 1 epee loaf
- 1 tablespoon chives fresh

- 0.5 pound mozzarella cheese fresh cut into small wedges
- 1 tablespoon parsley leaves fresh chopped
- 1 clove garlic peeled quartered
- 1 lime
- 2 tablespoons olive oil
- 4 servings bell pepper
- 4 servings salt
- 2 large tomatoes ripe halved
- 2 pounds turkey breast

Equipment

- frying pan
- baking sheet
- oven
- blender
- microwave

Directions

- Microwave lime for about 30 seconds to release essential oils, and set aside just long enough so that it is cool enough to handle. Turn on the blender and while it's running, add 1 at a time through the feed tube, the parsley, chives, and garlic, and blend together until a smooth paste has formed. At this point the lime should be cool enough to squeeze. With the power still on, squeeze the lime juice through the blender feed tube, and then very slowly add the buttermilk until the mixture thickens and can coat the back of a spoon. Adjust the seasoning with salt and pepper. Set aside in refrigerator until needed. (When chilled, the dressing should resemble something like mayonnaise.)
- Preheat oven to 400 degrees F. In a large skillet with oven safe handles, cook bacon over low heat until crisp.
- Remove bacon and set aside to drain. Season turkey breast and add to the bacon fat rendered in the skillet and brown on all sides. Cover and roast until it reaches an internal temperature of 160 to 165 degrees F so that during the carryover cooking (it continues to cook after removed from oven) it reaches 170 degrees F. (This is done in an effort to keep the

meat from drying out.)

- Remove turkey to a utility platter and let rest. Leave oven on to make croutons.
- Slice the epee loaf in half lengthwise and place on a baking sheet.
- Pour olive oil over cut side of bread, and season with dried parsley, salt and pepper. Toast in oven for 10 to 15 minutes, or until crisp.
- Remove from oven and let cool.
- Place lettuce on serving dish. Arrange tomatoes, cucumbers, carrots, and mozzarella cheese wedges on top. Break or cut cooked bacon into pieces and sprinkle on top.
- Cut bread into small croutons and distribute evenly on salad. Slice the turkey and erve with dressing on the side.

Nutrition Facts

PROTEIN 30.9% **FAT 41.86%** **CARBS 27.24%**

Properties

Glycemic Index:98.58, Glycemic Load:44, Inflammation Score:-10, Nutrition Score:58.599130423173%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 24.68mg, Apigenin: 24.68mg, Apigenin: 24.68mg, Apigenin: 24.68mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg, Isorhamnetin: 1.71mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 1073.02kcal (53.65%), Fat: 50.53g (77.74%), Saturated Fat: 18.14g (113.39%), Carbohydrates: 73.98g (24.66%), Net Carbohydrates: 66.96g (24.35%), Sugar: 16.27g (18.08%), Cholesterol: 209.63mg (69.88%), Sodium: 2084.55mg (90.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 83.94g (167.87%), Vitamin A: 12212.43IU (244.25%), Vitamin B3: 31.34mg (156.68%), Selenium: 103.85µg (148.36%), Vitamin C: 112.43mg (136.28%), Vitamin B6: 2.46mg (122.79%), Phosphorus: 1055.08mg (105.51%), Vitamin K: 107.91µg (102.77%), Vitamin B1: 1.13mg (75.05%), Vitamin B2: 1.22mg (71.99%), Folate: 234.15µg (58.54%), Vitamin B12: 3.21µg (53.53%), Calcium: 498.94mg (49.89%), Manganese: 0.98mg (49.14%), Zinc: 7.25mg (48.3%), Potassium: 1564.55mg (44.7%), Iron: 7.37mg (40.97%), Magnesium: 155.52mg (38.88%), Vitamin B5: 3.53mg (35.28%), Fiber: 7.02g (28.06%), Vitamin E: 3.47mg (23.14%), Copper: 0.44mg (21.87%), Vitamin D: 1.27µg (8.44%)