



WHATSheATE



Chicken Cobb Salad



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup avocado diced peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 1 cup cherry tomatoes halved
- ☐ 1.5 pounds chicken breast boneless skinless
- ☐ 1 bacon crumbled cooked
- ☐ 2 tablespoons spring onion sliced
- ☐ 0.3 cup salad dressing fat-free italian

- ☐ 8 cups the salad mixed
- ☐ 0.3 teaspoon salt

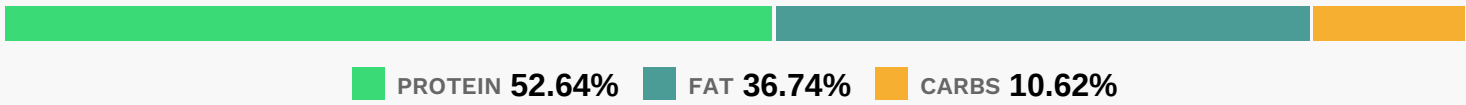
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle chicken with salt and pepper.
- ☐ Add chicken to pan; cook 5 minutes on each side or until done.
- ☐ Cut into 1/2-inch slices.
- ☐ Combine greens, tomatoes, avocado, and onions in a large bowl.
- ☐ Drizzle greens mixture with dressing; toss gently to coat. Arrange about 2 cups greens mixture on each of 4 salad plates. Top each serving with 4 ounces chicken, 1 1/2 teaspoons cheese, and about 1/2 teaspoon bacon.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:0.17, Inflammation Score:-8, Nutrition Score:23.825652340184%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 303.4kcal (15.17%), Fat: 12.19g (18.75%), Saturated Fat: 2.72g (16.99%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 6.71g (2.44%), Sugar: 3.21g (3.57%), Cholesterol: 113.47mg (37.82%), Sodium: 637.25mg (27.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.29g (78.58%), Vitamin B3: 18.89mg (94.43%), Selenium:

56.92µg (81.32%), Vitamin B6: 1.43mg (71.54%), Phosphorus: 430.88mg (43.09%), Vitamin C: 30.99mg (37.56%), Vitamin B5: 2.83mg (28.28%), Potassium: 954.15mg (27.26%), Vitamin A: 1225.32IU (24.51%), Vitamin K: 21.47µg (20.45%), Magnesium: 63.22mg (15.81%), Vitamin B2: 0.26mg (15.01%), Folate: 54.57µg (13.64%), Vitamin B1: 0.17mg (11.5%), Manganese: 0.23mg (11.4%), Zinc: 1.47mg (9.79%), Iron: 1.59mg (8.86%), Vitamin E: 1.25mg (8.36%), Copper: 0.15mg (7.45%), Vitamin B12: 0.4µg (6.74%), Calcium: 48.55mg (4.86%), Fiber: 1.21g (4.83%), Vitamin D: 0.2µg (1.3%)