



WHATSheATE

Chop Cobb Salad



Vegetarian

READY IN



22 min.

SERVINGS



5

CALORIES



438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup bell pepper refrigerated green
- ☐ 5 servings pepper black freshly ground
- ☐ 1.3 ounces cheese blue crumbled
- ☐ 16 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 5 large hardboiled eggs
- ☐ 4 ounces bread crumbs italian cut into 1/2-inch cubes
- ☐ 0.5 cup onion refrigerated red
- ☐ 0.5 cup ranch dressing light fresh (such as Naturally)

☐

12 ounce the salad mixed fresh american-style (such as Express)

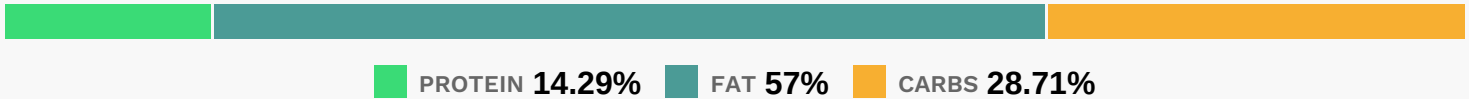
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Arrange bread cubes in a single layer on a large baking sheet; lightly coat bread cubes with cooking spray.
- ☐ Place baking sheet in oven while preheating to 35
- ☐ Bake bread cubes 12 minutes or until firm.
- ☐ Remove from oven, and cool on a wire rack 2 minutes.
- ☐ While bread cubes bake, cut eggs in half lengthwise; remove and reserve 3 yolks for another use. Chop remaining egg whites and yolks.
- ☐ Combine chopped egg, salad greens, and next 3 ingredients in a large bowl.
- ☐ Add bread cubes; toss gently. Divide salad evenly on each of 5 plates.
- ☐ Combine dressing and cheese in a small bowl.
- ☐ Drizzle evenly over each salad; toss well.
- ☐ Sprinkle with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:4.09, Inflammation Score:-9, Nutrition Score:21.196087007937%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg,

Kaempferol: 0.11mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 438.39kcal (21.92%), Fat: 28.03g (43.13%), Saturated Fat: 9.25g (57.84%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 26.06g (9.48%), Sugar: 10.66g (11.85%), Cholesterol: 198.27mg (66.09%), Sodium: 718.89mg (31.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.63%), Vitamin C: 55.2mg (66.91%), Manganese: 0.93mg (46.63%), Vitamin A: 2045.79IU (40.92%), Vitamin B6: 0.67mg (33.48%), Vitamin K: 34.17µg (32.55%), Phosphorus: 279.21mg (27.92%), Selenium: 19.51µg (27.87%), Folate: 104.52µg (26.13%), Vitamin B2: 0.4mg (23.73%), Fiber: 5.71g (22.83%), Iron: 2.88mg (16.01%), Vitamin B5: 1.49mg (14.86%), Potassium: 481.67mg (13.76%), Magnesium: 49.08mg (12.27%), Calcium: 117.44mg (11.74%), Vitamin B12: 0.69µg (11.43%), Zinc: 1.68mg (11.19%), Vitamin E: 1.54mg (10.28%), Copper: 0.2mg (9.97%), Vitamin B3: 1.94mg (9.72%), Vitamin B1: 0.14mg (9.57%), Vitamin D: 1.16µg (7.74%)