



Chopped California Cobb

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado sliced
- 12 slices oscar mayer bacon fully cooked cut into 1-inch pieces
- 0.5 cup roka cheese dressing blue kraft
- 2 hard-cooked eggs chopped
- 1 Tbsp juice of lemon
- 0.5 cup mild cheddar cheese shredded kraft
- 10 oz torn romaine lettuce
- 2 tomatoes chopped

Equipment

bowl

Directions

Toss avocado with lemon juice.

Place in large salad bowl.

Add all remaining ingredients except dressing; mix lightly.

Spoon onto plates; drizzle with dressing.

Nutrition Facts



PROTEIN 14.6% **FAT 76.35%** **CARBS 9.05%**

Properties

Glycemic Index:5.25, Glycemic Load:0.22, Inflammation Score:-7, Nutrition Score:5.359999978024%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 101.25kcal (5.06%), Fat: 8.72g (13.41%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.2g (0.44%), Sugar: 0.82g (0.91%), Cholesterol: 30.25mg (10.08%), Sodium: 172.03mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.5%), Vitamin A: 1411.17IU (28.22%), Vitamin K: 18.02µg (17.17%), Folate: 32.39µg (8.1%), Selenium: 5.19µg (7.41%), Phosphorus: 58.12mg (5.81%), Vitamin B2: 0.08mg (4.7%), Vitamin B6: 0.09mg (4.54%), Fiber: 1.12g (4.48%), Vitamin C: 3.57mg (4.32%), Potassium: 148.6mg (4.25%), Vitamin B1: 0.06mg (4.23%), Vitamin B3: 0.83mg (4.16%), Calcium: 35.74mg (3.57%), Vitamin B5: 0.33mg (3.26%), Zinc: 0.45mg (2.97%), Vitamin E: 0.44mg (2.93%), Vitamin B12: 0.17µg (2.76%), Manganese: 0.05mg (2.67%), Magnesium: 9.57mg (2.39%), Iron: 0.38mg (2.09%), Copper: 0.04mg (2.05%), Vitamin D: 0.18µg (1.2%)