



Chopped Cobb Salad

READY IN



28 min.

SERVINGS



4

CALORIES



510 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cheese blue crumbled
- ☐ 4 bacon crumbled cooked
- ☐ 2 teaspoons dijon mustard
- ☐ 1.5 cups bread french cubed ()
- ☐ 0.5 cup spring onion sliced
- ☐ 2 large hardboiled eggs chopped
- ☐ 0.1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil

- ☐ 1 cup plum tomatoes seeded chopped
- ☐ 6 cups baby greens chopped (2 hearts)
- ☐ 2 tablespoons shallots finely minced
- ☐ 2 tablespoons citrus champagne vinegar

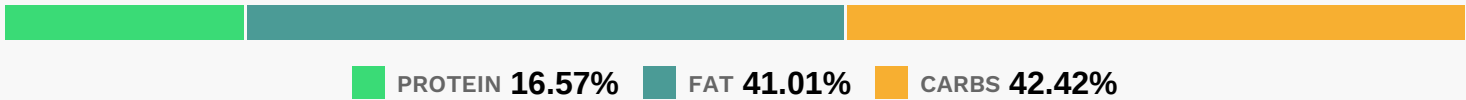
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Place bread cubes on a large rimmed baking sheet. Coat bread generously with cooking spray; toss.
- ☐ Bake at 400 for 10 minutes or until crisp and golden, stirring after 5 minutes. Cool completely.
- ☐ Place lettuce and next 5 ingredients (through eggs) in a large bowl. Cover and chill, if desired.
- ☐ Combine vinegar and next 3 ingredients (through salt) in a medium bowl, stirring with a whisk. Gradually add oil, stirring with a whisk. Stir in shallots.
- ☐ Pour dressing over salad mixture; toss gently. Top with croutons, and serve immediately.
- ☐ Tip: Make it easy on yourself and hard-cook the eggs, cook the bacon, and make the vinaigrette ahead, so all you have to do before dinner is assemble!

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:36.62, Inflammation Score:-10, Nutrition Score:32.213478150575%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 509.77kcal (25.49%), Fat: 23.51g (36.17%), Saturated Fat: 6.92g (43.26%), Carbohydrates: 54.7g (18.23%), Net Carbohydrates: 49.15g (17.87%), Sugar: 8.03g (8.92%), Cholesterol: 113.83mg (37.94%), Sodium: 1008.76mg (43.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.37g (42.75%), Vitamin A: 10288.49IU (205.77%), Vitamin K: 148.95µg (141.86%), Folate: 291.85µg (72.96%), Selenium: 41µg (58.57%), Vitamin B1: 0.81mg (54.03%), Vitamin B2: 0.69mg (40.39%), Manganese: 0.77mg (38.71%), Iron: 5.49mg (30.51%), Vitamin B3: 6.08mg (30.42%), Phosphorus: 290.22mg (29.02%), Fiber: 5.55g (22.21%), Calcium: 203.75mg (20.37%), Potassium: 685.02mg (19.57%), Vitamin C: 15.22mg (18.45%), Vitamin B6: 0.35mg (17.51%), Vitamin E: 2.57mg (17.15%), Magnesium: 64.14mg (16.04%), Zinc: 2.32mg (15.44%), Copper: 0.26mg (12.95%), Vitamin B5: 1.27mg (12.66%), Vitamin B12: 0.57µg (9.51%), Vitamin D: 0.67µg (4.44%)