



Christmas Cobb Salad

READY IN



45 min.

SERVINGS



4

CALORIES



728 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons apple cider
- 4 servings bibb lettuce
- 2 tablespoons brown sugar
- 0.5 pound bow tie pasta cooked
- 2 tablespoons dijon mustard
- 3 tablespoons parsley leaves fresh chopped
- 1 tablespoon thyme leaves fresh chopped
- 1 teaspoon garlic minced
- 1 cup gouda cheese diced

- 1 pound green beans trimmed cut in thirds
- 1 pound ham steak fully cooked
- 2 tablespoons maple syrup
- 0.3 cup olive oil
- 2 teaspoons olive oil extra-virgin
- 1 pinch cracked pepper black
- 0.5 cup onion red sliced
- 1 teaspoon pepper flakes red
- 1 pinch salt
- 1 small shallots
- 1 tablespoon sherry vinegar
- 3 tablespoons pickled cucumbers / gherkins sweet minced
- 1 teaspoon citrus champagne vinegar

Equipment

- bowl
- oven
- whisk
- pot

Directions

- Preheat the oven to 350 degrees F. Spray a sheet tray with nonstick spray.
- In a medium-sized bowl, whisk together the maple syrup, brown sugar, and apple cider.
- Add the ham and mix well.
- Put the ham mixture on a sheet tray and bake until warmed through and the ham develops color, about 20 to 25 minutes.
- Remove from the oven and set aside.
- Add the pasta, gherkins and parsley to the bowl with the vinaigrette and stir to coat. Line a large serving bowl with Bibb lettuce and add the pasta. Arrange the red onions, Gouda,

marinated green beans, and cooked ham in rows on top of the pasta.

- Serve.
- Bring a large stockpot of salted water to a boil over medium heat.
- Add the green beans and cook until bright green and tender, about 2 to 3 minutes.
- Drain the green beans and shock them in an ice bath.
- In a medium-sized bowl, mix together the garlic, red pepper flakes, oil, vinegar, salt, and pepper.
- Drain the green beans from the ice water and toss them in the marinade until well coated. Set aside.
- In a large bowl, mix together mustard, vinegar, olive oil, shallot, thyme, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:106.69, Glycemic Load:14.25, Inflammation Score:-10, Nutrition Score:36.303912981697%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg, Apigenin: 6.52mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg, Quercetin: 7.25mg

Nutrients (% of daily need)

Calories: 728.22kcal (36.41%), Fat: 41.59g (63.98%), Saturated Fat: 14.7g (91.86%), Carbohydrates: 47.02g (15.67%), Net Carbohydrates: 41.4g (15.05%), Sugar: 21.42g (23.79%), Cholesterol: 150.21mg (50.07%), Sodium: 1959.76mg (85.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.55g (85.1%), Vitamin K: 115.72µg (110.21%), Phosphorus: 757.46mg (75.75%), Selenium: 49.7µg (71%), Vitamin C: 49.5mg (60%), Calcium: 516.8mg (51.68%), Vitamin B1: 0.77mg (51.19%), Vitamin B2: 0.76mg (44.55%), Manganese: 0.87mg (43.62%), Vitamin B12: 2.51µg (41.83%), Zinc: 5.69mg (37.92%), Vitamin A: 1723.66IU (34.47%), Vitamin B6: 0.61mg (30.6%), Vitamin B3: 5.37mg (26.87%), Magnesium: 95.83mg (23.96%), Potassium: 809.76mg (23.14%), Fiber: 5.62g (22.49%), Iron: 4.04mg (22.45%), Vitamin E: 3.16mg (21.08%), Folate: 70.08µg (17.52%), Copper: 0.33mg (16.68%), Vitamin B5: 1.62mg (16.22%), Vitamin D: 0.3µg (1.97%)