



Classic California Cobb

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado peeled chopped
- 8 slices oscar mayer bacon crumbled cooked
- 0.5 cup athenos cheese blue crumbled
- 4 green onions sliced
- 2 hard-cooked eggs chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 Tbsp juice of lemon
- 4 plum tomatoes quartered

- 10 oz torn salad greens mixed
- 2 chicken breasts boneless skinless chopped

Equipment

- bowl

Directions

- Toss avocados with lemon juice; place in large bowl.
- Add all remaining ingredients except dressing; mix lightly.
- Spoon onto salad plates; drizzle with dressing.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:24.825217060421%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 524.27kcal (26.21%), Fat: 40.21g (61.87%), Saturated Fat: 12.11g (75.69%), Carbohydrates: 14.91g (4.97%), Net Carbohydrates: 10.48g (3.81%), Sugar: 5.87g (6.53%), Cholesterol: 171.11mg (57.04%), Sodium: 900.58mg (39.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.19%), Selenium: 38.22µg (54.6%), Vitamin K: 57.33µg (54.6%), Vitamin B3: 9.59mg (47.94%), Vitamin B6: 0.86mg (43.09%), Vitamin C: 34.46mg (41.78%), Phosphorus: 368.11mg (36.81%), Vitamin A: 1817.38IU (36.35%), Potassium: 945.08mg (27%), Folate: 103.99µg (26%), Vitamin B5: 2.54mg (25.43%), Vitamin B2: 0.41mg (23.97%), Vitamin B1: 0.27mg (18.02%), Vitamin E: 2.69mg (17.91%), Fiber: 4.43g (17.74%), Magnesium: 59.63mg (14.91%), Manganese: 0.3mg (14.82%), Zinc: 2.2mg (14.69%), Calcium: 140.75mg (14.08%), Vitamin B12: 0.82µg (13.61%), Copper: 0.23mg (11.37%), Iron: 1.89mg (10.48%), Vitamin D: 0.87µg (5.78%)