



Classic Cobb Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado chopped
- 12 cups baby salad greens mixed
- 8 slices oscar mayer bacon crumbled cooked
- 8 oz lite balsamic vinaigrette dressing kraft
- 1.5 cups cherry tomatoes halved
- 6 oz oscar mayer deli oven roasted turkey breast fresh cut into strips ()
- 3 hard-cooked eggs cut into wedges
- 1 cup milk italian* three cheese blend shredded 2% kraft

Equipment

Directions

- Arrange salad greens on large serving platter.
- Place next 6 ingredients in even rows on top of greens.
- Drizzle with dressing just before serving; toss lightly.

Nutrition Facts

PROTEIN 15.87% **FAT 74.18%** **CARBS 9.95%**

Properties

Glycemic Index:2, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:4.2000000217687%

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 Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 138.14kcal (6.91%), Fat: 11.51g (17.71%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.87g (0.97%), Cholesterol: 39.24mg (13.08%), Sodium: 276.03mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.08%), Vitamin C: 9.12mg (11.06%), Selenium: 5.39µg (7.71%), Vitamin A: 384.98IU (7.7%), Vitamin B3: 1.5mg (7.48%), Phosphorus: 65.14mg (6.51%), Vitamin B6: 0.12mg (6.21%), Folate: 22.37µg (5.59%), Potassium: 171.88mg (4.91%), Vitamin B2: 0.08mg (4.66%), Vitamin B5: 0.42mg (4.19%), Vitamin B1: 0.05mg (3.42%), Manganese: 0.07mg (3.3%), Fiber: 0.75g (3.01%), Vitamin E: 0.41mg (2.75%), Magnesium: 10.58mg (2.64%), Iron: 0.44mg (2.45%), Zinc: 0.36mg (2.38%), Vitamin K: 2.45µg (2.33%), Vitamin B12: 0.14µg (2.32%), Calcium: 23.01mg (2.3%), Copper: 0.05mg (2.29%), Vitamin D: 0.21µg (1.39%)