



## Classic Cobb Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



622 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 cup apple cider vinegar
- 2 avocados
- 2 bay leaves
- 1 large head bibb lettuce
- 1 tablespoon peppercorns black
- 4 ounces cheese blue crumbled
- 1 tablespoon dijon mustard
- 4 large eggs

- 1 juice of lemon (in wide strips)
- 6 servings kosher salt
- 0.3 cup olive oil extra-virgin
- 6 servings pepper freshly ground
- 2 heads romaine lettuce cut into pieces
- 12 ounce chicken breasts boneless skinless
- 8 slices bacon thick-cut chopped
- 2 sprigs thyme leaves
- 2 vine-ripened tomatoes chopped

## Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- kitchen thermometer
- cutting board

## Directions

- Cook the bacon in a medium skillet over medium heat, stirring, until crisp, 15 to 20 minutes; transfer to paper towels to drain.
- Meanwhile, place the eggs in a saucepan and cover with cold water by about 1 inch. Bring to a simmer over medium-high heat, then cover, remove from the heat and let stand, 10 to 12 minutes.
- Drain, then run under cold water to cool. Peel under cold running water. Chop the hard-cooked eggs and season with salt.
- Combine the chicken, lemon zest and juice, bay leaves, thyme, peppercorns and a large pinch of salt in a medium saucepan; add enough cold water to cover the chicken by 1/2 inch. Bring to a bare simmer over medium heat (do not boil) and cook until a thermometer inserted into

the thickest part of the chicken registers 160 degrees F, about 7 minutes.

- Transfer the chicken to a cutting board and let rest 5 minutes.
- Whisk the vinegar, shallot, mustard and 1/2 teaspoon salt in a serving bowl.
- Whisk in the olive oil in a slow, steady stream until emulsified; season with pepper. Dice the chicken and toss with 1 tablespoon of the dressing in a separate bowl.
- Halve, pit and dice the avocados. Season the tomatoes with salt.
- Add the Bibb and romaine lettuce to the serving bowl on top of the dressing. Arrange the bacon, hard-cooked eggs, chicken, avocados, tomatoes and blue cheese in rows on top of the lettuce. When ready to serve, toss the salad and season with salt and pepper.
- Photograph by Johnny Miller

## Nutrition Facts

**PROTEIN 19.66%** **FAT 69.1%** **CARBS 11.24%**

### Properties

Glycemic Index:47.67, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:39.506956950478%

### Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

### Nutrients (% of daily need)

Calories: 621.92kcal (31.1%), Fat: 48.89g (75.22%), Saturated Fat: 14.09g (88.04%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 7.6g (2.76%), Sugar: 4.69g (5.21%), Cholesterol: 206.14mg (68.71%), Sodium: 895.41mg (38.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.6%), Vitamin A: 19902.59IU (398.05%), Vitamin K: 268µg (255.24%), Folate: 390.46µg (97.62%), Selenium: 42.98µg (61.41%), Vitamin B6: 1.03mg (51.65%), Vitamin B3: 10.27mg (51.34%), Phosphorus: 450.65mg (45.07%), Potassium: 1443.38mg (41.24%), Fiber: 10.29g (41.15%), Manganese: 0.81mg (40.44%), Vitamin B2: 0.58mg (34.06%), Vitamin B5: 3.26mg (32.56%), Vitamin C: 24.84mg (30.11%), Vitamin B1: 0.42mg (28.09%), Vitamin E: 3.97mg (26.47%), Iron: 4.25mg (23.6%), Magnesium:

91.13mg (22.78%), Calcium: 226.44mg (22.64%), Zinc: 2.91mg (19.41%), Copper: 0.35mg (17.61%), Vitamin B12: 0.88µg (14.68%), Vitamin D: 1.01µg (6.73%)