



Cobb Clubs

READY IN



45 min.

SERVINGS



4

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

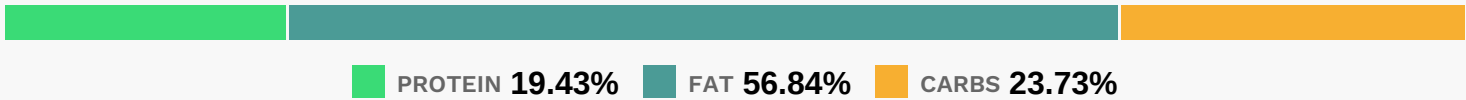
- ☐ 1 large avocado thinly sliced
- ☐ 1 cup cheese dressing blue
- ☐ 8 slices bacon cooked
- ☐ 3 cups lettuce shredded
- ☐ 0.3 cup olive oil vinaigrette
- ☐ 4 plum tomatoes sliced
- ☐ 4 ounce sharp cheddar cheese
- ☐ 4 hoagie rolls split lightly toasted
- ☐ 0.8 pound turkey cooked thinly sliced

Equipment

Directions

- ☐ Spread cut sides of each hoagie roll with dressing.
- ☐ Layer bottom halves of rolls evenly with turkey and next 5 ingredients;drizzle with vinaigrette. Cover with top halves of rolls.
- ☐ NOTE: For testing purposes only, we used Newman's Own Oil & Vinegar.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:24.45, Inflammation Score:-8, Nutrition Score:24.479565185049%

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 Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 728.03kcal (36.4%), Fat: 46.36g (71.32%), Saturated Fat: 12.79g (79.91%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 37.74g (13.72%), Sugar: 9.21g (10.24%), Cholesterol: 88.28mg (29.43%), Sodium: 1401.78mg (60.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.31%), Iron: 12.41mg (68.96%), Selenium: 30.23µg (43.19%), Phosphorus: 405.07mg (40.51%), Vitamin K: 40.58µg (38.65%), Vitamin B3: 7.64mg (38.21%), Vitamin B6: 0.68mg (34.03%), Calcium: 291.82mg (29.18%), Vitamin E: 3.9mg (26.02%), Vitamin B2: 0.43mg (25.04%), Vitamin A: 1186.54IU (23.73%), Fiber: 5.82g (23.3%), Vitamin B12: 1.35µg (22.54%), Zinc: 3.27mg (21.77%), Potassium: 706.92mg (20.2%), Folate: 77.68µg (19.42%), Vitamin C: 15.21mg (18.44%), Vitamin B5: 1.59mg (15.88%), Vitamin B1: 0.22mg (14.52%), Magnesium: 57.17mg (14.29%), Copper: 0.22mg (11.22%), Manganese: 0.22mg (11.16%), Vitamin D: 0.42µg (2.77%)