



Cobb Potato Salad

 Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



420 kcal

SIDE DISH

Ingredients

- ☐ 2 large avocado
- ☐ 1 pound baby potatoes red quartered
- ☐ 2 ounces cheese blue crumbled
- ☐ 11.5 oz cheese refrigerated blue divided
- ☐ 6 slices bacon crumbled cooked
- ☐ 1 pt grape tomatoes halved
- ☐ 0.3 cup spring onion sliced
- ☐ 1 tablespoon juice of lemon fresh

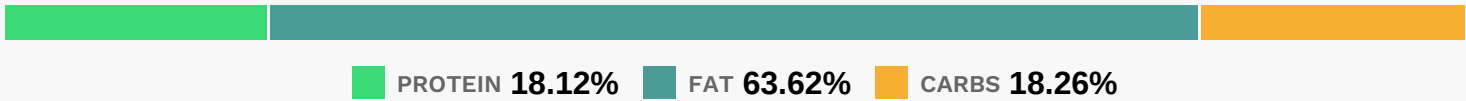
- ☐ 6 cups the of 1 cos lettuce shredded
- ☐ 4 oz cheddar cheese shredded white

Equipment

Directions

- ☐ Cook potatoes in boiling salted water to cover 15 to 20 minutes or until tender; drain. Toss potatoes with green onions and 1/3 cup vinaigrette; season with salt and pepper to taste. Cover and chill 2 to 24 hours.
- ☐ Peel and chop avocados; toss with lemon juice. Toss lettuce with avocado mixture, tomatoes, and next 2 ingredients. Arrange lettuce mixture on a large serving platter; top with potato mixture, and sprinkle with bacon.
- ☐ Serve with remaining vinaigrette.
- ☐ Note: We tested with Marie's Blue Cheese Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:34.34, Glycemic Load:8.69, Inflammation Score:-10, Nutrition Score:24.082174041997%

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: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 419.64kcal (20.98%), Fat: 30.49g (46.91%), Saturated Fat: 13.71g (85.68%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 13.52g (4.92%), Sugar: 3.11g (3.46%), Cholesterol: 66.18mg (22.06%), Sodium: 554.91mg (24.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.07%), Vitamin A: 4285.79IU (85.72%),

Vitamin K: 62.55µg (59.57%), Calcium: 459.91mg (45.99%), Phosphorus: 387.19mg (38.72%), Vitamin C: 27.22mg (32.99%), Folate: 123.71µg (30.93%), Selenium: 20.15µg (28.79%), Fiber: 6.18g (24.71%), Vitamin B2: 0.41mg (23.83%), Potassium: 813.47mg (23.24%), Vitamin B6: 0.46mg (22.75%), Zinc: 3.07mg (20.49%), Manganese: 0.29mg (14.73%), Magnesium: 58.32mg (14.58%), Vitamin B5: 1.39mg (13.9%), Vitamin B3: 2.69mg (13.44%), Vitamin E: 1.89mg (12.61%), Vitamin B12: 0.73µg (12.23%), Vitamin B1: 0.18mg (12.04%), Copper: 0.24mg (11.98%), Iron: 1.45mg (8.06%), Vitamin D: 0.39µg (2.59%)