



Cobb Salad

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado peeled chopped
- 6 slices oscar mayer bacon fully cooked
- 0.3 cup athenos cheese blue crumbled
- 6 oz oscar mayer carving board flame grilled chicken breast strips
- 2 hard-cooked eggs chopped
- 0.5 cup classic ranch dressing kraft
- 6 cups torn salad greens mixed
- 0.8 cup cheddar cheese shredded kraft

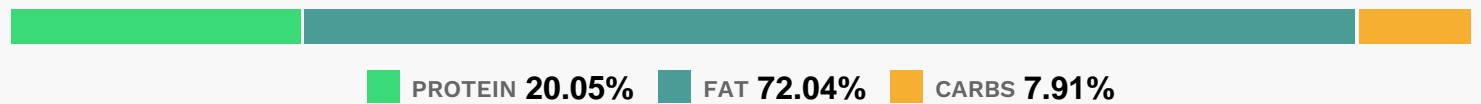
2 tomatoes seeded chopped

Equipment

Directions

- Heat bacon as directed on package.
- Cut into bite-size pieces.
- Place greens on large serving platter; top with rows of chicken, tomatoes, eggs and avocado.
- Sprinkle with bacon and cheddar cheese.
- Drizzle with dressing.
- Sprinkle with blue cheese.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:0.24, Inflammation Score:-3, Nutrition Score:4.7621738910675%

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 Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 118.56kcal (5.93%), Fat: 9.56g (14.71%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.75g (0.83%), Cholesterol: 37.3mg (12.43%), Sodium: 161.8mg (7.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Vitamin K: 11.3µg (10.77%), Selenium: 6.96µg (9.94%), Vitamin B3: 1.77mg (8.86%), Phosphorus: 87.45mg (8.75%), Vitamin A: 341.3IU (6.83%), Vitamin C: 5.47mg (6.64%), Vitamin B6: 0.13mg (6.37%), Vitamin B2: 0.09mg (5.44%), Calcium: 48.65mg (4.87%), Folate: 18.7µg (4.68%), Vitamin B5: 0.45mg (4.48%), Potassium: 151.1mg (4.32%), Vitamin E: 0.55mg (3.64%), Zinc: 0.54mg (3.58%), Fiber: 0.82g (3.28%), Vitamin B12: 0.19µg (3.22%), Vitamin B1: 0.05mg (3%), Magnesium: 11.18mg (2.79%), Manganese: 0.05mg (2.63%), Copper: 0.04mg (2.16%), Iron: 0.37mg (2.05%), Vitamin D: 0.18µg (1.23%)