



Cobb Salad

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 medium avocado pitted ripe peeled chopped
- ☐ 1 oz cheese blue crumbled
- ☐ 2 cups roasted chicken cooked
- ☐ 0.3 cup bacon crumbled cooked
- ☐ 1 clove garlic finely chopped
- ☐ 0.5 teaspoon ground mustard
- ☐ 3 hardboiled eggs chopped
- ☐ 0.3 cup juice of lemon

- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon red wine vinegar
- ☐ 6 cups the salad
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 1.5 cups tomatoes chopped
- ☐ 0.5 cup vegetable oil
- ☐ 0.5 teaspoon worcestershire sauce

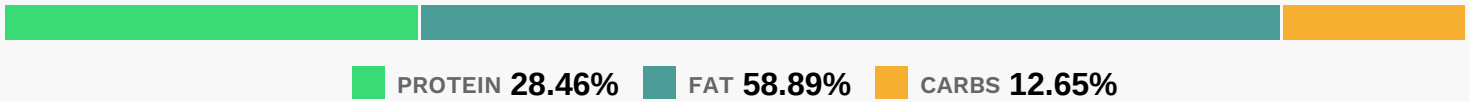
Equipment

- ☐ bowl

Directions

- ☐ In tightly covered container, shake all vinaigrette ingredients. Refrigerate at least 1 hour to blend flavors.
- ☐ Divide lettuce among 4 salad plates or shallow bowls. Arrange remaining salad ingredients in rows on lettuce.
- ☐ Serve with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:59.27, Glycemic Load:2.47, Inflammation Score:-8, Nutrition Score:20.939999870632%

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: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

0.09mg, Myricetin: 0.09mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 396.38kcal (19.82%), Fat: 26.26g (40.41%), Saturated Fat: 6.6g (41.26%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 8.53g (3.1%), Sugar: 4.74g (5.26%), Cholesterol: 204.68mg (68.23%), Sodium: 622.16mg (27.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.56g (57.13%), Selenium: 34.48µg (49.26%), Vitamin C: 32.87mg (39.84%), Vitamin B3: 7.93mg (39.64%), Phosphorus: 322.06mg (32.21%), Vitamin B6: 0.62mg (31.07%), Vitamin A: 1503.13IU (30.06%), Vitamin B2: 0.45mg (26.47%), Folate: 97.39µg (24.35%), Vitamin K: 25.51µg (24.3%), Vitamin B5: 2.25mg (22.54%), Potassium: 770.06mg (22%), Fiber: 4.16g (16.64%), Zinc: 2.44mg (16.28%), Vitamin E: 2.26mg (15.06%), Manganese: 0.29mg (14.3%), Vitamin B12: 0.78µg (13.04%), Magnesium: 52.08mg (13.02%), Iron: 2.31mg (12.83%), Vitamin B1: 0.19mg (12.66%), Copper: 0.22mg (11.18%), Calcium: 89.48mg (8.95%), Vitamin D: 0.89µg (5.92%)