



 **94%**
HEALTH SCORE

Cobb Salad

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



1104 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 lb avocado pitted peeled halved thinly sliced
- 1 pound bacon sliced coarsely chopped (see notes)
- 0.7 cup cheese blue crumbled (3 oz.; see notes)
- 1.5 cups roasted chicken cooked thinly sliced (7 oz.; see notes)
- 1 tablespoon dijon mustard
- 0.5 teaspoon pepper
- 2 large hardboiled eggs shelled chopped
- 5 quarts boston lettuce shredded finely (use half butter lettuce and half iceberg or all iceberg)

- 0.3 cup olive oil extra virgin extra-virgin
- 0.3 teaspoon salt
- 1 tablespoon shallots minced
- 0.3 cup tarragon vinegar
- 2 tomatoes cored rinsed chopped
- 4 oz watercress packed rinsed

Equipment

- bowl
- frying pan
- slotted spoon

Directions

- In a 10- to 12-inch frying pan over medium-high heat, stir bacon often until browned and crisp, 10 to 15 minutes; spoon out and discard fat in pan as it accumulates. With a slotted spoon, transfer bacon to towels to drain; discard remaining fat in pan.
- In a 1-cup glass measure or small bowl, mix olive oil, vinegar, mustard, shallot, 1/2 teaspoon pepper, and 1/4 teaspoon salt.
- Set aside 4 to 6 watercress sprigs; coarsely chop remaining sprigs. In a large bowl, combine chopped watercress and lettuce.
- Add all but 2 tablespoons dressing and mix gently to coat.
- Arrange equal portions of lettuce mixture in wide, shallow bowls. On each, in pie-shaped wedges, arrange equal portions of bacon, tomatoes, chicken, blue cheese, eggs, and avocado.
- Spoon remaining dressing evenly over toppings.
- Garnish salads with reserved watercress sprigs.
- Add salt and pepper to taste.

Nutrition Facts



PROTEIN 18.84% **FAT 68.23%** **CARBS 12.93%**

Properties

Glycemic Index:70.25, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:66.458695764127%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 6.82mg, Kaempferol: 6.82mg, Kaempferol: 6.82mg, Kaempferol: 6.82mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 41.15mg, Quercetin: 41.15mg, Quercetin: 41.15mg, Quercetin: 41.15mg

Nutrients (% of daily need)

Calories: 1104.11kcal (55.21%), Fat: 86.82g (133.58%), Saturated Fat: 25.12g (157.03%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 19.02g (6.92%), Sugar: 13.82g (15.35%), Cholesterol: 224.34mg (74.78%), Sodium: 1345.26mg (58.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.95g (107.89%), Vitamin K: 1309.72µg (1247.36%), Vitamin A: 41048.02IU (820.96%), Folate: 944.13µg (236.03%), Manganese: 2.43mg (121.56%), Potassium: 3781.38mg (108.04%), Iron: 16.89mg (93.84%), Vitamin B6: 1.8mg (89.9%), Phosphorus: 852.37mg (85.24%), Vitamin C: 70.27mg (85.18%), Selenium: 55.65µg (79.5%), Vitamin B1: 1.14mg (75.86%), Vitamin B3: 14.6mg (73.02%), Vitamin B2: 1.24mg (72.91%), Fiber: 18g (71.98%), Calcium: 609.89mg (60.99%), Magnesium: 218.17mg (54.54%), Vitamin E: 7.33mg (48.86%), Vitamin B5: 4.6mg (46.05%), Zinc: 5.9mg (39.34%), Copper: 0.45mg (22.71%), Vitamin B12: 1.27µg (21.19%), Vitamin D: 1.12µg (7.44%)