



Cobb Salad



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



574 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 head the of 1 cos lettuce
- ☐ 0.5 head boston lettuce
- ☐ 1 small bunch frisée (curly endive)
- ☐ 6 slices bacon
- ☐ 2 avocados ripe peeled cut into 1/2-inch pieces
- ☐ 1 chicken breast diced whole boneless skinless cooked halved () (see How to Poach Chicken)
- ☐ 1 tomatoes seeded chopped fine
- ☐ 2 large hardboiled eggs white hard boiled separated finely chopped (see How to Make Eggs)

- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup red-wine vinegar
- ☐ 1 tablespoon mustard dijon-style
- ☐ 1 teaspoons sugar
- ☐ 4 servings salt and pepper
- ☐ 0.7 cup olive oil extra virgin
- ☐ 0.5 cup roquefort finely grated

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cook the bacon in a skillet on medium heat until crisp on both sides.
- ☐ Remove from skillet and lay out on paper towels to absorb the excess fat. Allow the bacon to cool. Crumble the bacon and set aside.
- ☐ Toss the various lettuces: In a large salad bowl, toss together well the various lettuces and watercress.
- ☐ Compose the salad: Arrange the chicken, the bacon, the tomato, and the avocado decoratively over the greens and garnish the salad with the chopped egg and the chives.
- ☐ Make the vinaigrette: In a small bowl whisk together the vinegar, the mustard, and salt and pepper to taste, add the oil in a slow stream, whisking, and whisk the dressing until it is emulsified.
- ☐ Stir in the Roquefort.
- ☐ Add sugar to taste, 1/2 teaspoon at a time.
- ☐ Whisk the dressing.
- ☐ Serve separately or toss in with the salad.

Nutrition Facts

 **PROTEIN 15.95%**  **FAT 73.55%**  **CARBS 10.5%**

Properties

Glycemic Index:63.02, Glycemic Load:1.93, Inflammation Score:-10, Nutrition Score:31.8478259211%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 574.05kcal (28.7%), Fat: 48g (73.85%), Saturated Fat: 14.25g (89.08%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 6.24g (2.27%), Sugar: 3.96g (4.39%), Cholesterol: 159.73mg (53.24%), Sodium: 1070.01mg (46.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.42g (46.83%), Vitamin A: 8435.84IU (168.72%), Vitamin K: 133.05µg (126.71%), Folate: 236.04µg (59.01%), Selenium: 29.79µg (42.56%), Fiber: 9.18g (36.71%), Vitamin B6: 0.73mg (36.44%), Phosphorus: 362.24mg (36.22%), Vitamin B3: 6.79mg (33.94%), Vitamin B2: 0.56mg (33.1%), Vitamin B5: 3.03mg (30.31%), Potassium: 1049.36mg (29.98%), Calcium: 264.82mg (26.48%), Vitamin E: 3.9mg (25.98%), Vitamin C: 19.53mg (23.67%), Manganese: 0.39mg (19.54%), Vitamin B1: 0.29mg (19.5%), Magnesium: 72.11mg (18.03%), Zinc: 2.39mg (15.91%), Copper: 0.29mg (14.64%), Iron: 2.57mg (14.27%), Vitamin B12: 0.69µg (11.47%), Vitamin D: 0.71µg (4.74%)