



Cobb Salad Dip

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado chopped
- 4 slices oscar mayer bacon crumbled cooked
- 0.3 cup roka cheese dressing blue kraft
- 0.3 cup athenos cheese blue crumbled
- 8 oz philadelphia cream cheese softened
- 2 hard-cooked eggs finely chopped
- 1 cup iceberg lettuce finely chopped
- 2 small plum tomatoes finely chopped

0.5 cup oscar mayer carving board oven roasted turkey breast chopped

Equipment

Directions

- Mix cream cheese and dressing until blended; spread onto bottom of pie plate.
- Refrigerate 1 hour.
- Top with layers of all remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:10.93, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:4.1747825819513%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 131.03kcal (6.55%), Fat: 11.32g (17.41%), Saturated Fat: 4.91g (30.69%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.23g (1.37%), Cholesterol: 49.76mg (16.59%), Sodium: 241.86mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.91%), Selenium: 6.02µg (8.61%), Phosphorus: 78.37mg (7.84%), Vitamin A: 370.42IU (7.41%), Vitamin B2: 0.11mg (6.6%), Vitamin B3: 1.28mg (6.41%), Vitamin B6: 0.11mg (5.74%), Vitamin B5: 0.53mg (5.26%), Vitamin K: 5.24µg (4.99%), Folate: 19.26µg (4.82%), Potassium: 165.68mg (4.73%), Fiber: 1.05g (4.22%), Vitamin E: 0.6mg (3.97%), Calcium: 37.97mg (3.8%), Vitamin C: 2.62mg (3.17%), Vitamin B12: 0.18µg (3.07%), Vitamin B1: 0.04mg (2.89%), Zinc: 0.43mg (2.88%), Magnesium: 10.72mg (2.68%), Manganese: 0.04mg (2.02%), Copper: 0.04mg (2.02%), Iron: 0.29mg (1.63%), Vitamin D: 0.19µg (1.26%)