



Cobb Salad Lettuce Wraps

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 large avocado pitted cubed peeled
- 0.8 pound beefsteak tomatoes cored cubed
- 0.1 teaspoon pepper black
- 8 teaspoons cheese blue crumbled
- 2 ounces canadian bacon diced
- 4 ounces deli turkey breast smoked sliced into bite-size pieces
- 1 head iceberg lettuce
- 4 tablespoons mayonnaise reduced-fat

- 0.5 small onion diced red finely
- 2 teaspoons red wine vinegar

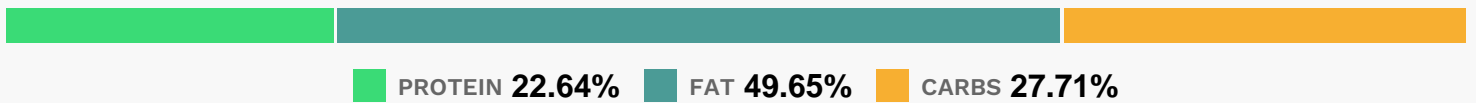
Equipment

- frying pan
- paper towels

Directions

- Combine mayonnaise, vinegar, and pepper; set aside.
- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray. Cook bacon until crisp (5-6 minutes), stirring occasionally.
- Remove bacon from skillet; pat with paper towels.
- Carefully separate 8 large leaves from lettuce head (do not tear) to use as wraps; reserve remaining lettuce for another use.
- Place 1 lettuce leaf inside another to create 4 (2-layered) wraps; fill with about 1/4 cup turkey breast, 1/4 of the cubed tomato (about 1/4 cup), 1/4 cup cubed avocado, and 2 tablespoons diced onion.
- Drizzle with 1 tablespoon reserved dressing; top with 1/4 of the crisped bacon and 2 teaspoons crumbled blue cheese.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:2.13, Inflammation Score:-8, Nutrition Score:14.615652073985%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg

Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg
Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

Nutrients (% of daily need)

Calories: 180.25kcal (9.01%), Fat: 10.38g (15.97%), Saturated Fat: 2.39g (14.95%), Carbohydrates: 13.03g (4.34%),
Net Carbohydrates: 8.46g (3.08%), Sugar: 6.42g (7.13%), Cholesterol: 26.22mg (8.74%), Sodium: 564.75mg
(24.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.3%), Vitamin K: 52.24µg (49.75%), Vitamin
A: 1462.52IU (29.25%), Vitamin C: 18.97mg (22.99%), Vitamin B3: 4.08mg (20.39%), Potassium: 703.82mg (20.11%),
Folate: 78.51µg (19.63%), Vitamin B6: 0.38mg (19.22%), Phosphorus: 187.33mg (18.73%), Fiber: 4.57g (18.28%),
Manganese: 0.34mg (16.81%), Vitamin B1: 0.23mg (15.3%), Selenium: 8.48µg (12.11%), Vitamin E: 1.61mg (10.72%),
Vitamin B2: 0.17mg (9.83%), Magnesium: 36.65mg (9.16%), Vitamin B5: 0.8mg (8.02%), Copper: 0.16mg (7.77%),
Zinc: 1.11mg (7.41%), Iron: 1.21mg (6.74%), Calcium: 66.43mg (6.64%), Vitamin B12: 0.25µg (4.14%), Vitamin D: 0.47µg
(3.16%)