



Cobb Salad Sandwiches

READY IN



25 min.

SERVINGS



6

CALORIES



623 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 6 servings avocado
- ☐ 12 oz bread french
- ☐ 8 slices bacon cooked
- ☐ 6 ounces deli honey ham
- ☐ 2 hardboiled eggs sliced
- ☐ 6 servings bell pepper
- ☐ 6 servings salt
- ☐ 6 oz swiss cheese

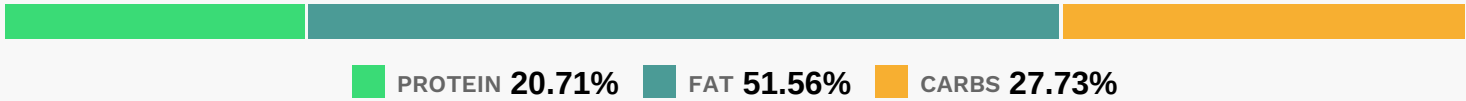
- ☐ 1 tomatoes sliced
- ☐ 6 ounces turkey smoked

Equipment

Directions

- ☐ Cut French bread loaf in half horizontally; scoop out soft bread from center of each half, leaving a 1/2-inch-thick shell to make filling the sandwich easier. (Reserve soft bread for another use.)
- ☐ Spread inside of bread shells with Avocado Mayonnaise.
- ☐ Layer bottom shell with turkey, ham, Swiss cheese, bacon, sliced eggs, sliced tomato, and arugula. Season with salt and pepper. Top with remaining bread shell.
- ☐ Cut into sandwiches.

Nutrition Facts



Properties

Glycemic Index:41.58, Glycemic Load:24.72, Inflammation Score:-10, Nutrition Score:36.986956596375%

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: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 623.39kcal (31.17%), Fat: 36.57g (56.26%), Saturated Fat: 11.46g (71.62%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 34.4g (12.51%), Sugar: 7.28g (8.09%), Cholesterol: 131.16mg (43.72%), Sodium: 1159.29mg (50.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.05g (66.1%), Vitamin C: 109.17mg (132.33%), Selenium: 46.51µg (66.44%), Vitamin A: 3144.75IU (62.89%), Folate: 206.7µg (51.67%), Vitamin B1: 0.77mg (51.61%),

Phosphorus: 469.57mg (46.96%), Vitamin B3: 9.29mg (46.46%), Vitamin B6: 0.88mg (44.06%), Vitamin B2: 0.74mg (43.59%), Fiber: 9.86g (39.46%), Vitamin K: 34.38µg (32.74%), Calcium: 325.55mg (32.56%), Manganese: 0.58mg (29.11%), Potassium: 1002.28mg (28.64%), Zinc: 4.24mg (28.26%), Vitamin E: 4.01mg (26.75%), Vitamin B12: 1.58µg (26.41%), Vitamin B5: 2.63mg (26.28%), Iron: 4mg (22.21%), Magnesium: 86.22mg (21.56%), Copper: 0.37mg (18.59%), Vitamin D: 0.67µg (4.45%)