

Cobb Salad Tacos

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado ripe peeled chopped
- ☐ 0.3 cup cheese blue crumbled
- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 8 6-inch corn tortillas ()
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 large eggs
- ☐ 2 garlic cloves minced
- ☐ 2 cups iceberg lettuce thinly sliced

- ☐ 2 tablespoons buttermilk low-fat
- ☐ 2 tablespoons canola mayonnaise (such as Hellmann's)
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 tablespoons shallots minced
- ☐ 2 slices center-cut bacon
- ☐ 0.5 cup tomatoes diced

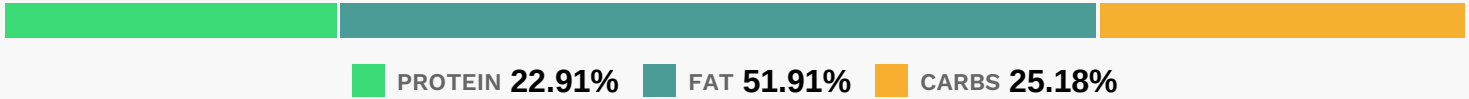
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place eggs in a large saucepan. Cover with water to 1 inch above eggs. Bring just to a boil.
- ☐ Remove from heat; cover and let stand 13 minutes.
- ☐ Drain; cool in ice water 5 minutes. Peel and dice eggs.
- ☐ Cook bacon in a medium nonstick skillet over medium heat until crisp (about 8 minutes).
- ☐ Remove bacon from pan, reserving drippings in pan.
- ☐ Drain bacon on paper towels; crumble bacon, and set aside.
- ☐ Add shallots and garlic to drippings in pan; cook 1 minute, stirring frequently.
- ☐ Remove from heat; add vinegar, oil, and mustard, stirring until combined.
- ☐ Add chicken to pan; toss to coat.
- ☐ Combine mayonnaise and buttermilk in a small bowl, stirring until smooth. Stir in cheese.
- ☐ Working with 1 tortilla at a time, heat tortillas over medium-high heat directly on the eye of a burner for about 15 seconds on each side or until lightly charred. Arrange about 1/4 cup chicken mixture in center of each tortilla; top tacos evenly with lettuce, tomato, and chopped avocado. Divide egg and bacon evenly among tacos, and drizzle evenly with dressing.

Nutrition Facts



Properties

Glycemic Index:82.38, Glycemic Load:11.05, Inflammation Score:-6, Nutrition Score:20.467825848123%

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: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 463.32kcal (23.17%), Fat: 26.96g (41.48%), Saturated Fat: 6.63g (41.42%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 23.6g (8.58%), Sugar: 2.77g (3.08%), Cholesterol: 157.83mg (52.61%), Sodium: 382.59mg (16.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.55%), Selenium: 39.11µg (55.87%), Vitamin B3: 9.77mg (48.84%), Phosphorus: 457.89mg (45.79%), Vitamin B6: 0.9mg (44.76%), Vitamin K: 30.5µg (29.05%), Fiber: 5.82g (23.28%), Vitamin B5: 2.17mg (21.71%), Potassium: 707.74mg (20.22%), Magnesium: 77.83mg (19.46%), Vitamin B2: 0.33mg (19.13%), Manganese: 0.34mg (16.84%), Vitamin E: 2.3mg (15.32%), Zinc: 2.12mg (14.15%), Folate: 56.46µg (14.12%), Calcium: 130.85mg (13.09%), Vitamin B1: 0.19mg (12.53%), Vitamin A: 608.17IU (12.16%), Iron: 1.93mg (10.74%), Copper: 0.21mg (10.3%), Vitamin C: 7.95mg (9.64%), Vitamin B12: 0.56µg (9.26%), Vitamin D: 0.68µg (4.5%)