



Cobb Salad with Balsamic Shallot Vinaigrette

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocado diced pitted ripe peeled
- ☐ 0.3 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 ounces cheese blue crumbled reduced-fat
- ☐ 2 hardboiled eggs coarsely chopped
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 16 ounce baby greens dried washed
- ☐ 0.5 teaspoon salt

- ☐ 2 tablespoons shallots minced
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 2 large tomatoes diced ripe seeded
- ☐ 8 strips at least of turkey bacon cooked coarsely chopped

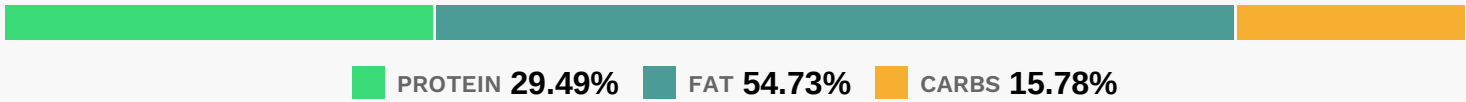
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ meat tenderizer

Directions

- ☐ To make the vinaigrette, combine the vinegar, salt, and pepper in a blender. With the machine running, gradually add the oil.
- ☐ Add the shallots and pulse briefly to combine.
- ☐ Pour into a serving bowl and set aside.
- ☐ Pound each chicken breast half between 2 heavy duty plastic bags with a flat meat pounder to an even 1/2-inch thickness. Season with the salt and pepper.
- ☐ Heat the oil in a large nonstick skillet over medium high heat.
- ☐ Add the chicken and cook, turning halfway through cooking, until golden brown on both sides, about 6 minutes.
- ☐ Add 1/4 cup water, reduce the heat to medium-low, and cover. Simmer until the chicken feels firm when pressed in the center, about 8 minutes. Uncover, increase the heat to high, and cook until the liquid is evaporated and the chicken is sizzling, about 1 minute.
- ☐ Transfer chicken to a carving board and let cool.
- ☐ Cut the chicken into bite-sized pieces.
- ☐ Spread the lettuce on a large platter. Top with the chicken, tomatoes, avocados, bacon, hard-boiled eggs, and blue cheese arranged in rows.
- ☐ Serve immediately, with the vinaigrette passed on the side.
- ☐ Adapted from Diamond Dishes by Julie Loria (Lyons Press/ \$24.9

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:3.42, Inflammation Score:-10, Nutrition Score:39.928695637247%

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: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

Nutrients (% of daily need)

Calories: 507.81kcal (25.39%), Fat: 31.59g (48.6%), Saturated Fat: 9.42g (58.85%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 10.08g (3.67%), Sugar: 7.6g (8.45%), Cholesterol: 189.05mg (63.02%), Sodium: 849.93mg (36.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.3g (76.6%), Vitamin A: 11162.94IU (223.26%), Vitamin K: 147.1µg (140.1%), Vitamin B3: 14.86mg (74.29%), Selenium: 49.54µg (70.77%), Folate: 276.92µg (69.23%), Vitamin B6: 1.37mg (68.28%), Phosphorus: 514.39mg (51.44%), Potassium: 1551.03mg (44.32%), Fiber: 10.4g (41.59%), Vitamin B5: 4.11mg (41.1%), Vitamin C: 28.81mg (34.93%), Vitamin B2: 0.58mg (34.11%), Manganese: 0.5mg (25.02%), Magnesium: 97.3mg (24.32%), Vitamin E: 3.57mg (23.83%), Calcium: 233.52mg (23.35%), Vitamin B1: 0.28mg (18.95%), Zinc: 2.83mg (18.86%), Copper: 0.36mg (17.89%), Iron: 2.95mg (16.37%), Vitamin B12: 0.86µg (14.29%), Vitamin D: 0.81µg (5.42%)