



## Cobb Salad with Balsamic Vinaigrette

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



1014 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1 avocado chopped
- ☐ 8 slices bacon
- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 ounces cheese blue crumbled
- ☐ 1 pint cherry tomatoes cut in half
- ☐ 4 servings salt and pepper
- ☐ 2 heads curly leaf lettuce green
- ☐ 2 tablespoons olive oil extra virgin extra-virgin

- ☐ 1 small onion red chopped
- ☐ 2.5 pound rotisserie chicken cut

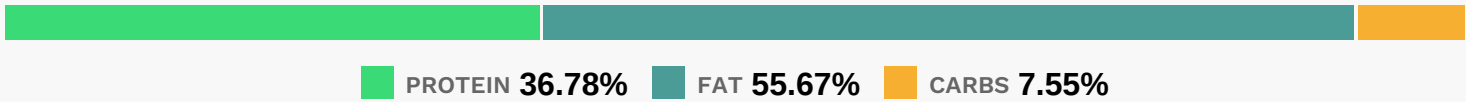
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

## Directions

- ☐ Cook the bacon in a medium skillet over medium heat until crisp, about 8 minutes.
- ☐ Transfer to a paper towel-lined plate.
- ☐ Transfer 1 tablespoon of the bacon drippings to a small bowl.
- ☐ Add the oil, vinegar, 1/4 teaspoon salt, and 1/4 teaspoon pepper to the bacon drippings.
- ☐ Whisk and set aside. Shred the chicken meat, using your fingers or a fork, discarding the skin and bones.
- ☐ Combine the lettuce, cheese, tomatoes, avocado, onion, and chicken in a large bowl. Crumble the bacon over the salad and serve with the vinaigrette. Substitution: This classic dish can be made with almost any kind of lettuce. If you like a crunchier salad, use romaine. If you prefer tender greens, try Boston or Bibb. For a hit of pepperiness, opt for arugula or add a few leaves of radicchio or endive to your standard mix.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:29.337391314299%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.24mg, Apigenin: 0.24mg,

Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg  
Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg,  
Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin:  
0.15mg, Myricetin: 0.15mg Quercetin: 13.9mg, Quercetin: 13.9mg, Quercetin: 13.9mg, Quercetin: 13.9mg

Nutrients (% of daily need)

Calories: 1013.8kcal (50.69%), Fat: 63.58g (97.81%), Saturated Fat: 19.41g (121.28%), Carbohydrates: 19.4g (6.47%),  
Net Carbohydrates: 12.4g (4.51%), Sugar: 7.23g (8.04%), Cholesterol: 322.46mg (107.49%), Sodium: 1864.83mg  
(81.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 94.5g (189%), Vitamin A: 14213.96IU (284.28%),  
Vitamin K: 245.67µg (233.97%), Vitamin C: 50.59mg (61.32%), Folate: 139.91µg (34.98%), Manganese: 0.7mg  
(34.97%), Potassium: 1059.71mg (30.28%), Phosphorus: 294.02mg (29.4%), Vitamin B6: 0.58mg (29.08%), Fiber: 7g  
(28.01%), Calcium: 244.4mg (24.44%), Vitamin B1: 0.34mg (22.97%), Vitamin B2: 0.39mg (22.75%), Vitamin E:  
3.37mg (22.48%), Selenium: 14.97µg (21.38%), Vitamin B3: 4.27mg (21.35%), Vitamin B5: 1.86mg (18.6%), Iron:  
3.05mg (16.96%), Magnesium: 64.13mg (16.03%), Zinc: 2.14mg (14.25%), Copper: 0.28mg (13.96%), Vitamin B12:  
0.57µg (9.43%), Vitamin D: 0.32µg (2.12%)