



## Cobb Salad with Barbecue-Ranch Dressing

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 large avocados
- 4 oz cheese blue crumbled
- 1 pound meat from a rotisserie chicken smoked chopped
- 6 bacon crumbled cooked
- 1 bunch green onions sliced
- 1 tablespoon juice of lemon fresh
- 8 servings barbecue-ranch dressing
- 1 large head romaine lettuce shredded

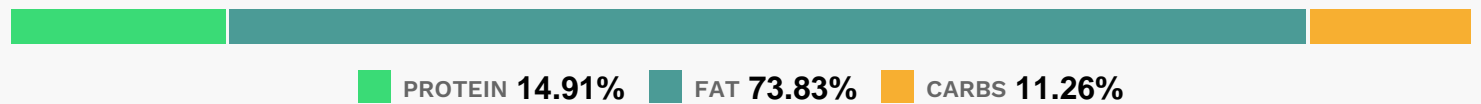
- 4 oz sharp cheddar cheese shredded
- 3 large tomatoes diced seeded

## Equipment

## Directions

- Layer first 4 ingredients on a large serving platter.
- Peel and chop avocados; toss with lemon juice.
- Layer avocado, green onions, crumbled blue cheese, and crumbled bacon over salad.
- Serve immediately, or cover and chill up to 8 hours.
- Serve with Barbecue-Ranch Dressing.

## Nutrition Facts



## Properties

Glycemic Index:20.5, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:24.513478144355%

## 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 Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

## Nutrients (% of daily need)

Calories: 430.82kcal (21.54%), Fat: 36.21g (55.71%), Saturated Fat: 10.47g (65.47%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 6.5g (2.36%), Sugar: 4.7g (5.22%), Cholesterol: 58.96mg (19.65%), Sodium: 659.55mg (28.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.92%), Vitamin A: 7789.39IU (155.79%), Vitamin K: 143.65µg (136.81%), Folate: 170.57µg (42.64%), Phosphorus: 306.11mg (30.61%), Fiber: 5.91g (23.65%), Vitamin C: 19.23mg (23.31%), Calcium: 228.06mg (22.81%), Potassium: 756.73mg (21.62%), Vitamin B3: 4.19mg (20.96%), Selenium: 14.61µg (20.87%), Vitamin B6: 0.41mg (20.7%), Vitamin B2: 0.32mg (18.98%), Vitamin B5:

1.73mg (17.32%), Vitamin E: 2.44mg (16.3%), Manganese: 0.3mg (14.86%), Zinc: 2.12mg (14.12%), Magnesium: 49.64mg (12.41%), Vitamin B1: 0.18mg (12%), Copper: 0.21mg (10.58%), Iron: 1.72mg (9.58%), Vitamin B12: 0.52µg (8.73%), Vitamin D: 0.26µg (1.76%)