



Cobb Salad with Blue Cheese Vinaigrette

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

474 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados diced pitted peeled halved
- ☐ 3 cups boston lettuce chopped
- ☐ 6 bacon crumbled cooked
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 1 large hardboiled egg grated ()
- ☐ 1 tablespoon honey-dijon mustard
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 0.3 cup red wine vinegar

- ☐ 3 cups romaine lettuce chopped
- ☐ 0.5 cup roquefort cheese grated
- ☐ 0.8 cup roquefort cheese crumbled
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 3 chicken breast halves diced boneless skinless cooked
- ☐ 4 vine-ripened tomatoes diced seeded
- ☐ 1.5 cups watercress chopped

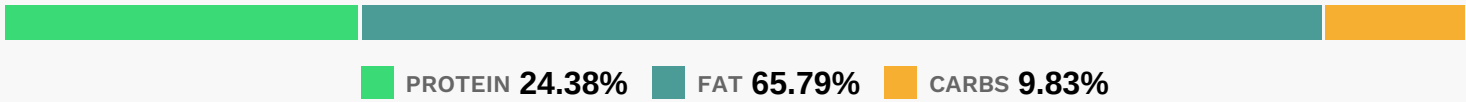
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together the grated cheese, vinegar, and mustard. In a slow steady stream, whisk in the olive oil until emulsified. Season the vinaigrette with salt, and pepper to taste.
- ☐ Rinse and dry all the salad greens, and toss them together in a large bowl. Arrange the chicken, bacon, avocado, tomato, and Roquefort in uniform rows on top the mixed greens.
- ☐ Garnish with the grated hard-boiled egg, and chives.
- ☐ Just before serving, pour the dressing over the salad and toss.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:1.65, Inflammation Score:-10, Nutrition Score:30.718695868617%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.11mg

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg, Kaempferol: 2.21mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 474.01kcal (23.7%), Fat: 35.3g (54.31%), Saturated Fat: 13.19g (82.43%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 5.41g (1.97%), Sugar: 3.29g (3.66%), Cholesterol: 119.52mg (39.84%), Sodium: 1146.05mg (49.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.43g (58.86%), Vitamin K: 98.24µg (93.56%), Vitamin A: 4581.14IU (91.62%), Selenium: 33.31µg (47.58%), Vitamin B3: 8.96mg (44.79%), Phosphorus: 437.04mg (43.7%), Vitamin B6: 0.83mg (41.41%), Calcium: 381.51mg (38.15%), Folate: 149.57µg (37.39%), Vitamin B2: 0.55mg (32.62%), Vitamin C: 25.18mg (30.52%), Vitamin B5: 2.98mg (29.79%), Potassium: 984.45mg (28.13%), Fiber: 6.46g (25.83%), Vitamin E: 2.92mg (19.48%), Magnesium: 72.17mg (18.04%), Manganese: 0.35mg (17.66%), Zinc: 2.4mg (15.98%), Vitamin B1: 0.23mg (15.09%), Copper: 0.25mg (12.31%), Iron: 1.97mg (10.93%), Vitamin B12: 0.61µg (10.14%), Vitamin D: 0.27µg (1.81%)