



WHATSheATE



Cobb salad with buttermilk ranch dressing



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



518 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 baby gem lettuces separated
- ☐ 1 avocado sliced
- ☐ 2 plum tomatoes chopped
- ☐ 3 rashers bacon crispy cooked
- ☐ 140 g turkey breast cooked cut into bite-sized pieces
- ☐ 2 hardboiled eggs chopped
- ☐ 75 ml buttermilk
- ☐ 2 tbsp mayonnaise light

- ☐ 1 tbsp citrus champagne vinegar
- ☐ 1 tbsp optional: dill chopped
- ☐ 0.5 garlic clove crushed

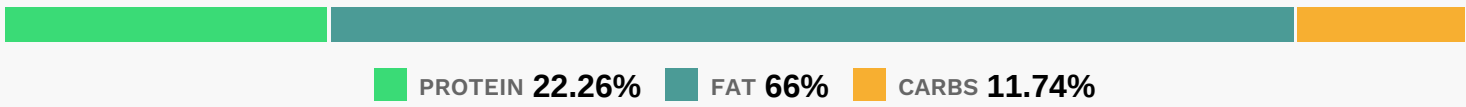
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl, whisk the dressing ingredients together with some salt. Arrange the salad ingredients separately on 2 plates or a platter, and serve with the dressing on the side.

Nutrition Facts



Properties

Glycemic Index:99.17, Glycemic Load:2.05, Inflammation Score:-7, Nutrition Score:25.713912963867%

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: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 518.1kcal (25.91%), Fat: 38.84g (59.75%), Saturated Fat: 9.59g (59.93%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 7.99g (2.9%), Sugar: 5.31g (5.9%), Cholesterol: 252.5mg (84.17%), Sodium: 591.41mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.95%), Selenium: 40.22µg (57.46%), Vitamin B3: 10.49mg (52.44%), Vitamin B6: 1.02mg (51.2%), Phosphorus: 403.25mg (40.33%), Vitamin B2: 0.6mg (35.02%), Vitamin K: 34.05µg (32.42%), Vitamin B5: 3.03mg (30.35%), Folate: 121.04µg (30.26%), Fiber: 7.55g (30.22%), Potassium: 997.63mg (28.5%), Vitamin C: 19.39mg (23.5%), Vitamin E: 3.45mg (22.99%), Vitamin B12: 1.34µg (22.27%), Vitamin A: 1045.12IU (20.9%), Zinc: 2.75mg (18.35%), Vitamin B1: 0.26mg (17.38%), Magnesium: 67.43mg (16.86%), Copper: 0.3mg (15.07%), Manganese: 0.26mg (13%), Vitamin D: 1.8µg (11.98%), Iron: 1.93mg (10.74%),

Calcium: 101.77mg (10.18%)