



Cobb Salad with Cranberries

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup cheese blue crumbled
- 2 teaspoons cider vinegar
- 4 ounces bacon crumbled crisp cooked
- 0.3 teaspoon pepper red crushed
- 1 cup cranberries dried
- 3 large eggs cut into quarters
- 3 tablespoons olive oil
- 1 teaspoon orange juice

- 8 cups romaine lettuce shredded
- 4 servings salt and pepper
- 0.5 pound roasted turkey cut into chunks

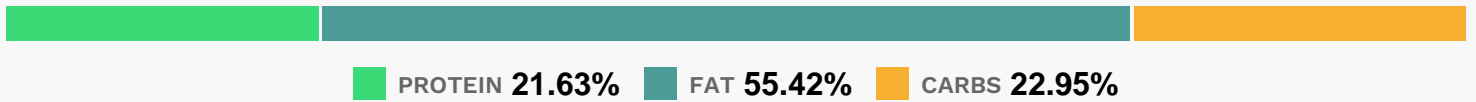
Equipment

- bowl
- whisk
- mixing bowl

Directions

- Place shredded lettuce in a large mixing bowl. In a small bowl, whisk together vinegar, orange juice and crushed red pepper.
- Whisking constantly and vigorously, drizzle in olive oil until well combined. Season dressing with salt and pepper and toss with lettuce. Divide mixture among 4 bowls.
- Arrange turkey, bacon, cheese, eggs and cranberries on top of lettuce; serve.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.21, Inflammation Score:-10, Nutrition Score:26.780869712%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 506.43kcal (25.32%), Fat: 31.76g (48.87%), Saturated Fat: 9.84g (61.47%), Carbohydrates: 29.6g (9.87%), Net Carbohydrates: 25.97g (9.44%), Sugar: 23.53g (26.15%), Cholesterol: 209.21mg (69.74%), Sodium: 973.9mg (42.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.79%), Vitamin A: 8592.25IU (171.85%), Vitamin K: 105.63µg (100.6%), Selenium: 37.5µg (53.56%), Folate: 154.92µg (38.73%), Phosphorus: 354.72mg (35.47%), Vitamin B3: 6.73mg (33.65%), Vitamin B6: 0.57mg (28.45%), Vitamin B2: 0.45mg (26.43%), Vitamin B12: 1.34µg (22.33%), Vitamin E: 2.91mg (19.4%), Zinc: 2.77mg (18.47%), Vitamin B1: 0.27mg (18.1%), Vitamin B5: 1.71mg (17.13%), Potassium: 581.52mg (16.61%), Calcium: 152.4mg (15.24%), Fiber: 3.63g (14.51%), Iron: 2.44mg (13.58%), Manganese: 0.26mg (12.91%), Magnesium: 42.11mg (10.53%), Copper: 0.16mg (8.05%), Vitamin D: 1.07µg (7.12%), Vitamin C: 4.7mg (5.69%)