



Cobb Salad with Cucumber-Ranch Dressing

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 oz cheese blue crumbled
- 9 oz roasted chicken diced frozen thawed cooked ()
- 6 slices bacon cooked chopped
- 0.8 cup cucumber seeded finely chopped
- 2 tablespoons optional: dill fresh chopped
- 0.3 cup spring onion sliced (4 medium)
- 2 hardboiled eggs peeled coarsely chopped
- 5 cups the salad mixed

- 1 cup ranch dressing
- 1 cup tomatoes chopped
- 1 medium juice of lemon with lemon juice pitted cubed peeled sliced

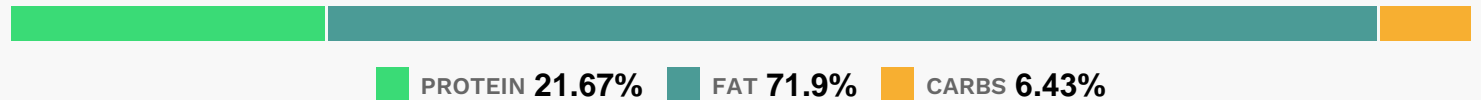
Equipment

- bowl
- glass baking pan

Directions

- On large serving platter or in 13x9-inch (3-quart) glass baking dish, arrange salad ingredients in rows or if desired, arrange individual salads on lettuce-lined plates.
- In medium bowl, mix dressing ingredients.
- Serve dressing with salad or spoon dressing over individual salads.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:15.007826162421%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 387.29kcal (19.36%), Fat: 30.74g (47.29%), Saturated Fat: 8.61g (53.8%), Carbohydrates: 6.18g (2.06%), Net Carbohydrates: 5.64g (2.05%), Sugar: 3.26g (3.63%), Cholesterol: 126.55mg (42.18%), Sodium: 775.74mg (33.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.85g (41.7%), Vitamin K: 65.89µg (62.75%), Selenium: 23.97µg (34.24%), Phosphorus: 313.38mg (31.34%), Vitamin B3: 4.78mg (23.91%), Vitamin A: 916.1IU (18.32%), Vitamin B2: 0.3mg (17.86%), Vitamin C: 14.5mg (17.57%), Vitamin B6: 0.34mg (17.04%), Vitamin B5: 1.49mg (14.94%), Calcium: 138.03mg (13.8%), Zinc: 1.8mg (11.98%), Vitamin B12: 0.69µg (11.57%), Potassium: 388.72mg

(11.11%), Folate: 40.12µg (10.03%), Vitamin E: 1.31mg (8.73%), Vitamin B1: 0.12mg (8.1%), Iron: 1.36mg (7.53%), Magnesium: 29.02mg (7.26%), Manganese: 0.13mg (6.51%), Copper: 0.1mg (4.88%), Vitamin D: 0.53µg (3.55%), Fiber: 0.54g (2.16%)