



Cobb Salad with Green Goddess Dressing

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 0.5 cup avocado diced peeled
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 ounces cheese blue crumbled
- ☐ 1.5 cups chicken breast strips/pre-cooked/chopped cooked chopped
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons spring onion chopped
- ☐ 2 large hardboiled eggs cut into 4 wedges
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 8 cups the of 1 cos lettuce
- ☐ 0.1 teaspoon salt
- ☐ 2 tomatoes cut into 8 wedges (1 pound)
- ☐ 1 cup watercress trimmed
- ☐ 3 tablespoons citrus champagne vinegar

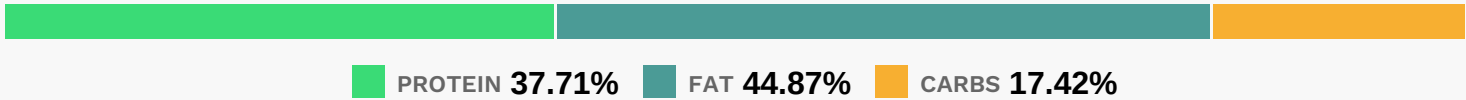
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ To prepare dressing, place first 11 ingredients in a blender or food processor; process until smooth. Chill.
- ☐ To prepare salad, combine lettuce and watercress in a large bowl.
- ☐ Place 2 cups lettuce mixture on each of 4 plates. Arrange 6 tablespoons chicken, 4 tomato wedges, 2 egg wedges, 2 tablespoons avocado, and 1 tablespoon cheese over each serving.
- ☐ Serve each salad with 1/4 cup dressing.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:27.826521749082%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg, Kaempferol: 2.2mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 285.09kcal (14.25%), Fat: 14.28g (21.96%), Saturated Fat: 4.39g (27.45%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.2g (6.89%), Cholesterol: 151.25mg (50.42%), Sodium: 532.86mg (23.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.99g (53.98%), Vitamin A: 9501.33IU (190.03%), Vitamin K: 178.76µg (170.24%), Folate: 182.69µg (45.67%), Vitamin B3: 9.07mg (45.34%), Selenium: 27.94µg (39.91%), Phosphorus: 326.46mg (32.65%), Vitamin B6: 0.59mg (29.54%), Vitamin C: 22.47mg (27.24%), Vitamin B2: 0.43mg (25.57%), Potassium: 838.68mg (23.96%), Calcium: 209.89mg (20.99%), Manganese: 0.37mg (18.6%), Vitamin B5: 1.77mg (17.67%), Fiber: 4.3g (17.19%), Magnesium: 60.29mg (15.07%), Iron: 2.7mg (15%), Vitamin B12: 0.8µg (13.32%), Zinc: 1.98mg (13.18%), Vitamin B1: 0.19mg (12.85%), Vitamin E: 1.8mg (12.02%), Copper: 0.19mg (9.53%), Vitamin D: 0.71µg (4.71%)