



Cobb Salad Your Way

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



22 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup regular corn canned drained
- 0.3 cup carrots shredded
- 0.5 cup meat from a rotisserie chicken cooked chopped
- 0.5 cup pepper strips green
- 2 Tbsp lite ranch dressing kraft
- 1.5 cups tightly torn salad greens mixed packed
- 1 small tomatoes chopped

Equipment

Directions

- Place greens on serving plate; top with chicken, corn, tomatoes, carrots and peppers.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:6.32, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:1.7460869684329%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 22.46kcal (1.12%), Fat: 1.28g (1.96%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.47g (0.53%), Cholesterol: 4.02mg (1.34%), Sodium: 29.92mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin A: 473.42IU (9.47%), Vitamin C: 5.93mg (7.19%), Vitamin K: 3.81µg (3.63%), Vitamin B3: 0.5mg (2.49%), Vitamin B6: 0.04mg (2.09%), Phosphorus: 18.8mg (1.88%), Selenium: 1.24µg (1.77%), Potassium: 52.61mg (1.5%), Manganese: 0.03mg (1.27%), Folate: 4.57µg (1.14%)