



Cobb Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



683 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

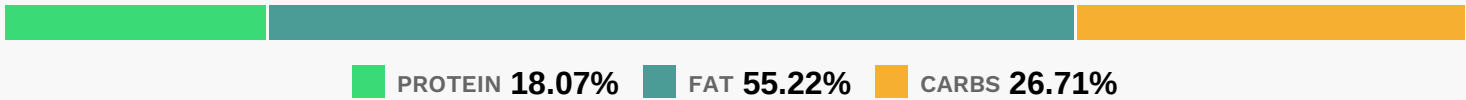
- ☐ 3 slices avocado
- ☐ 3 slices bread toasted
- ☐ 3 slices bacon cooked
- ☐ 1 leaf curly leaf lettuce green
- ☐ 1 onion red thinly sliced
- ☐ 2 tablespoons salad dressing blue
- ☐ 3 slices tomatoes thin
- ☐ 6 oz chicken breast boneless skinless sliced

Equipment

Directions

- ☐ Spread blue cheese dressing on one side of each slice of toasted bread. On the first slice of bread, layer lettuce, tomato and half of chicken on dressing; top with a second bread slice.
- ☐ Layer on onion, avocado, remaining chicken slices and bacon; top with remaining bread slice.
- ☐ Cut sandwich in half, securing each section with a tooth-pick.

Nutrition Facts



Properties

Glycemic Index:81.83, Glycemic Load:13.87, Inflammation Score:-9, Nutrition Score:38.357826383218%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg, Quercetin: 11.7mg

Nutrients (% of daily need)

Calories: 682.57kcal (34.13%), Fat: 43.61g (67.09%), Saturated Fat: 7.33g (45.8%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 29.58g (10.76%), Sugar: 8.82g (9.8%), Cholesterol: 66.31mg (22.1%), Sodium: 659.52mg (28.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.23%), Vitamin B3: 16.64mg (83.19%), Fiber: 17.87g (71.47%), Vitamin B6: 1.42mg (71.23%), Selenium: 46.87µg (66.96%), Vitamin K: 68.61µg (65.35%), Folate: 235.77µg (58.94%), Potassium: 1698.04mg (48.52%), Vitamin B5: 4.85mg (48.46%), Manganese: 0.97mg (48.33%), Phosphorus: 423.09mg (42.31%), Vitamin C: 33.35mg (40.42%), Vitamin E: 5.38mg (35.85%), Vitamin B1: 0.49mg (32.61%), Vitamin B2: 0.53mg (31.28%), Magnesium: 118.16mg (29.54%), Copper: 0.56mg (28.2%), Vitamin A: 1230.9IU (24.62%), Iron: 3.47mg (19.27%), Zinc: 2.88mg (19.23%), Calcium: 105.48mg (10.55%), Vitamin B12: 0.3µg (5.01%)