



Cornbread Cobb Salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



532 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocados sliced
- ☐ 2 skinned and boned chicken breasts
- ☐ 14.5 oz chicken broth canned
- ☐ 6 servings cilantro-chile dressing divided
- ☐ 8 oz bacon crumbled fully cooked
- ☐ 6 servings cornbread croutons
- ☐ 8 oz grape tomatoes halved
- ☐ 0.5 cup green onions sliced

☐ 1 head romaine lettuce

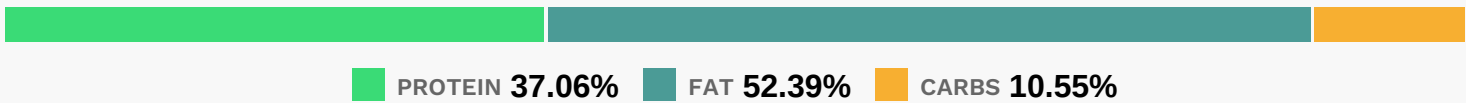
Equipment

☐ frying pan

Directions

- ☐ Bring chicken broth to a boil in a medium-size nonstick skillet over medium heat. Reduce heat, and add chicken; cover and simmer 12 minutes or until tender.
- ☐ Remove from heat; cool completely.
- ☐ Cut chicken into 1/4-inch strips. Toss with 3 Tbsp. Cilantro–Chile Dressing.
- ☐ Cut or tear lettuce into bite-size pieces. Arrange lettuce pieces on a large serving platter; arrange chicken, cheese, tomato halves, green onions, and next 2 ingredients over lettuce.
- ☐ Serve with remaining Cilantro–Chile Dressing and Cornbread Croutons.

Nutrition Facts



Properties

Glycemic Index:37.83, Glycemic Load:1.82, Inflammation Score:-10, Nutrition Score:37.187391374422%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 532kcal (26.6%), Fat: 31.13g (47.89%), Saturated Fat: 8g (50.03%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 6.55g (2.38%), Sugar: 3.4g (3.78%), Cholesterol: 119.89mg (39.96%), Sodium: 1076.78mg (46.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.56g (99.11%), Vitamin A: 9836.26IU (196.73%), Vitamin K: 144.37µg (137.5%), Selenium: 57.04µg (81.48%), Vitamin B3: 15.41mg (77.05%), Vitamin B6: 1.23mg (61.61%), Folate: 215.17µg (53.79%), Phosphorus: 493.43mg (49.34%), Vitamin C: 32.89mg (39.87%), Potassium: 1300.85mg

(37.17%), Fiber: 7.55g (30.21%), Vitamin B1: 0.41mg (27.46%), Zinc: 4.11mg (27.38%), Vitamin B5: 2.64mg (26.39%),
Vitamin B2: 0.41mg (24.34%), Magnesium: 86.79mg (21.7%), Vitamin B12: 1.25µg (20.8%), Iron: 3.28mg (18.21%),
Manganese: 0.36mg (17.83%), Copper: 0.32mg (15.77%), Vitamin E: 2.36mg (15.75%), Calcium: 71.93mg (7.19%),
Vitamin D: 0.29µg (1.97%)