



Eyeball Cobb Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 6 cups the of 1 cos lettuce chopped
- 1 cup rotisserie chicken cut shredded (from 2-lb chicken)
- 1 cup grape tomatoes halved
- 0.5 cup cheese blue crumbled
- 6 slices bacon crumbled cooked
- 4 pimientos green halved
- 4 hardboiled eggs halved lengthwise
- 1 avocado half peeled mashed

- 0.3 cup ranch dressing
- 3 tablespoons buttermilk
- 1 teaspoon juice of lemon fresh

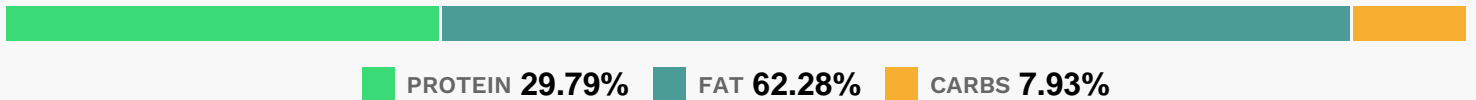
Equipment

- bowl
- whisk

Directions

- In large bowl, gently toss lettuce, chicken, tomatoes, cheese and bacon. Divide among 4 salad plates.
- Gently press 1 olive slice in middle of each egg half to look like an eyeball.
- Place 2 egg halves on each salad.
- In small bowl, place all dressing ingredients. Stir with wire whisk until smooth.
- Drizzle evenly over salad.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:23.081739156143%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 432.78kcal (21.64%), Fat: 30.21g (46.47%), Saturated Fat: 9.34g (58.39%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 5.02g (1.83%), Sugar: 3.96g (4.39%), Cholesterol: 272.95mg (90.98%), Sodium: 819.3mg (35.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.01%), Vitamin A: 6931.43IU (138.63%), Vitamin K: 101.25µg (96.42%), Folate: 151.27µg (37.82%), Selenium: 25.26µg (36.08%), Phosphorus: 278.73mg (27.87%), Vitamin B2: 0.47mg (27.58%), Vitamin B5: 1.77mg (17.7%), Potassium: 577.75mg (16.51%), Calcium: 162.69mg (16.27%), Vitamin B12: 0.97µg (16.15%), Vitamin B6: 0.31mg (15.53%), Fiber: 3.63g (14.52%), Vitamin C: 11.95mg (14.48%), Vitamin B1: 0.19mg (12.96%), Zinc: 1.8mg (11.98%), Vitamin B3: 2.37mg (11.84%), Vitamin E: 1.77mg (11.79%), Manganese: 0.21mg (10.61%), Iron: 1.75mg (9.74%), Vitamin D: 1.39µg (9.29%), Magnesium: 35.84mg (8.96%), Copper: 0.14mg (6.78%)