



Eyeball Cobb Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado peeled mashed
- ☐ 0.5 cup cheese blue crumbled
- ☐ 3 tablespoons buttermilk
- ☐ 6 slices bacon crumbled cooked
- ☐ 1 cup grape tomatoes halved
- ☐ 4 hardboiled eggs halved lengthwise
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 pimiento stuffed olives green halved

- ☐ 0.3 cup ranch dressing
- ☐ 6 cups the of 1 cos lettuce chopped
- ☐ 1 cup rotisserie chicken cut shredded (from 2-lb chicken)

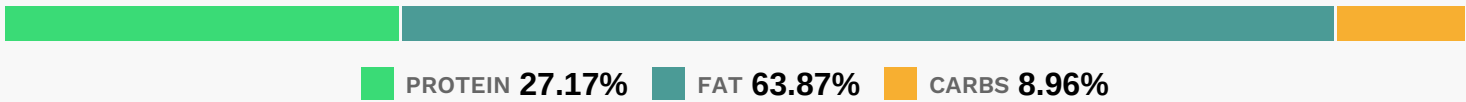
Equipment

- ☐ 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:34, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:25.157826009004%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 478.7kcal (23.93%), Fat: 34.53g (53.12%), Saturated Fat: 9.96g (62.25%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 5.47g (1.99%), Sugar: 4.11g (4.57%), Cholesterol: 272.95mg (90.98%), Sodium: 883.3mg (38.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.04g (66.08%), Vitamin A: 6957.46IU (139.15%), Vitamin K: 106.5µg (101.43%), Folate: 171.78µg (42.94%), Selenium: 25.39µg (36.27%), Vitamin B2: 0.5mg (29.49%), Phosphorus: 291.81mg (29.18%), Fiber: 5.43g (21.72%), Vitamin B5: 2.12mg (21.21%), Potassium: 699.97mg (20%), Vitamin B6: 0.37mg (18.71%), Calcium: 167.73mg (16.77%), Vitamin C: 13.43mg (16.28%), Vitamin E: 2.44mg (16.24%), Vitamin B12: 0.97µg (16.15%), Vitamin B1: 0.21mg (14.13%), Vitamin B3: 2.81mg (14.05%), Zinc: 1.96mg (13.06%), Manganese: 0.25mg (12.36%), Magnesium: 43.53mg (10.88%), Iron: 1.89mg (10.51%), Copper: 0.19mg (9.39%), Vitamin D: 1.39µg (9.29%)