



Individual Chicken Cobb Salads with Blue Cheese Dressing

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



443 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup salad dressing
- 3 tablespoons yogurt plain low-fat
- 3 tablespoons red wine vinegar
- 1 clove garlic finely chopped
- 2 oz cheese blue crumbled
- 8 cups the salad mixed
- 10 oz chicken breast smoked sliced chopped

- 4 hardboiled eggs quartered
- 1 medium avocado pitted ripe peeled sliced
- 2 medium tomatoes chopped
- 0.3 cup bacon bits

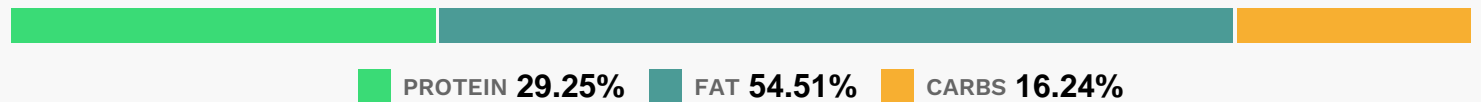
Equipment

- bowl
- whisk

Directions

- In small bowl, beat mayonnaise, yogurt, vinegar and garlic with wire whisk. Stir in blue cheese. Cover and refrigerate at least 1 hour.
- Just before serving, arrange greens on 4 salad plates. Top with remaining salad ingredients.
- Drizzle dressing over salads.
- If desired, sprinkle with freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:26.305652245231%

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 Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 442.69kcal (22.13%), Fat: 26.97g (41.5%), Saturated Fat: 7.11g (44.44%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 12.45g (4.53%), Sugar: 5.76g (6.4%), Cholesterol: 243.39mg (81.13%), Sodium: 802.33mg (34.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.57g (65.14%), Selenium: 42.74µg (61.06%), Vitamin

B3: 9.53mg (47.66%), Vitamin B6: 0.9mg (44.91%), Phosphorus: 420.45mg (42.05%), Vitamin C: 33.63mg (40.76%), Vitamin A: 1898.64IU (37.97%), Folate: 129.92µg (32.48%), Vitamin B2: 0.54mg (31.87%), Vitamin B5: 2.9mg (28.96%), Potassium: 968.97mg (27.68%), Vitamin K: 27.05µg (25.76%), Vitamin E: 3.51mg (23.41%), Fiber: 5.63g (22.51%), Vitamin B12: 1.13µg (18.85%), Magnesium: 75.04mg (18.76%), Vitamin B1: 0.26mg (17.58%), Calcium: 172.93mg (17.29%), Zinc: 2.34mg (15.62%), Manganese: 0.31mg (15.42%), Copper: 0.29mg (14.59%), Iron: 2.08mg (11.56%), Vitamin D: 1.24µg (8.28%)