



Individual Cobb Salads

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 avocado cut into 1/3-inch slices
- 0.3 cup bacon crumbled (from 4 pieces)
- 0.3 cup cheese blue crumbled
- 2 tablespoons cheese blue crumbled
- 0.3 cup buttermilk
- 1 tablespoon chives finely minced
- 1 cup ears corn cooked
- 0.1 teaspoon ground cumin

- 1 tablespoon juice of lemon
- 1 tablespoon juice of lemon fresh
- 0.3 cup mayonnaise
- 4 cups romaine lettuce chopped thin
- 0.3 teaspoon salt
- 1 large tomatoes diced seeded finely

Equipment

- bowl
- can opener

Directions

- Pour lemon juice over the avocado slices and set aside.
- Place chopped romaine in a large bowl and toss with enough blue cheese dressing to lightly coat, about 1/3 cup. Set aside remaining dressing for another use.
- To assemble salads, place the ring mold on a chilled serving plate and fill with 1 cup of the romaine mixture, making sure that the lettuce fills the whole diameter of the bottom circumference. Carefully place 2 avocado slices on top of the lettuce on the right side of the mold, so that their curvature aligns with the mold. On the opposite side of the avocado, sprinkle corn on top of the lettuce so that it extends 1 1/2 inches from the left side of the mold. Next to the corn, sprinkle a 1/2-inch thick row of diced tomatoes. Next to the tomatoes and meeting the avocado, sprinkle a row of crumbled bacon.
- Garnish with a very thin row of blue cheese crumbles down the center. Carefully remove the mold by lifting straight up (some ingredients will shift). Repeat with remaining ingredients.
- Serve immediately.
- Cook's Note: If a ring mold is unavailable, use a 12-ounce tuna can (4-inch diameter by 2-inch height) and remove the top and bottom with a can opener.
- In a medium bowl, mix the mayonnaise, buttermilk, lemon juice, salt, and cumin until smooth. Fold in the crumbled blue cheese and chives. Refrigerate until ready to use.

Nutrition Facts



■ PROTEIN 12.85% ■ FAT 67.41% ■ CARBS 19.74%

Properties

Glycemic Index:43.83, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:12.606956533764%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 208.81kcal (10.44%), Fat: 16.48g (25.35%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 10.86g (3.62%), Net Carbohydrates: 7.08g (2.57%), Sugar: 3.78g (4.2%), Cholesterol: 20.33mg (6.78%), Sodium: 460.14mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin A: 3187.29IU (63.75%), Vitamin K: 58.13µg (55.36%), Folate: 89.98µg (22.49%), Vitamin C: 12.63mg (15.31%), Fiber: 3.78g (15.13%), Potassium: 424.64mg (12.13%), Phosphorus: 100.6mg (10.06%), Vitamin B5: 0.92mg (9.23%), Vitamin B6: 0.18mg (8.9%), Manganese: 0.18mg (8.81%), Vitamin E: 1.26mg (8.4%), Vitamin B2: 0.14mg (8.25%), Calcium: 77.18mg (7.72%), Magnesium: 30.3mg (7.58%), Vitamin B1: 0.1mg (7%), Vitamin B3: 1.39mg (6.96%), Copper: 0.12mg (6%), Zinc: 0.73mg (4.89%), Iron: 0.78mg (4.36%), Selenium: 2.28µg (3.25%), Vitamin B12: 0.17µg (2.83%), Vitamin D: 0.23µg (1.55%)