



Kiddie Cobb Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

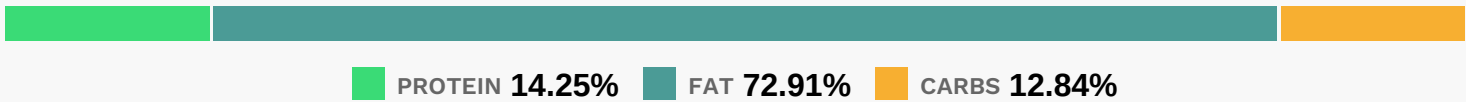
- ☐ 0.5 large avocado ripe cubed
- ☐ 2 teaspoons balsamic vinegar
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 2 hardboiled eggs peeled chopped
- ☐ 4 teaspoons olive oil extra-virgin
- ☐ 2 cups romaine lettuce red chopped
- ☐ 1 teaspoon soya sauce
- ☐ 0.5 cup tomatoes halved chopped

Equipment

Directions

- ☐ Divide the lettuce between two large containers. In each container, arrange half the tomato, avocado, turkey, eggs, and blue cheese (if using) in rows on top of the lettuce.
- ☐ To make the dressing, divide the soy sauce, balsamic vinegar, and olive oil between two small containers. Put on the lids and shake well.
- ☐ The salad and dressing can be made the night before and stored in the refrigerator, but wait until morning to cut and add the avocado. Be sure to give your child instructions for drizzling the dressing over the salad at lunchtime.
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Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:19.246521783912%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 274.23kcal (13.71%), Fat: 22.89g (35.21%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 4.43g (1.61%), Sugar: 3.21g (3.57%), Cholesterol: 191.75mg (63.92%), Sodium: 322.77mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.13%), Vitamin A: 4662.63IU (93.25%), Vitamin K: 64.9µg (61.81%), Folate: 134.52µg (33.63%), Selenium: 17.01µg (24.31%), Vitamin B2: 0.39mg (23.11%), Vitamin E: 2.99mg (19.96%), Vitamin C: 15.4mg (18.66%), Fiber: 4.64g (18.55%), Phosphorus: 168.6mg (16.86%), Vitamin B5: 1.64mg (16.44%), Potassium: 533.97mg (15.26%), Vitamin B6: 0.27mg (13.57%), Manganese: 0.22mg (10.92%), Vitamin B12: 0.64µg (10.67%), Iron: 1.75mg (9.75%), Calcium: 89.63mg (8.96%), Magnesium: 32.92mg

(8.23%), Zinc: 1.21mg (8.07%), Copper: 0.16mg (8.03%), Vitamin B1: 0.12mg (7.85%), Vitamin D: 1.13µg (7.57%),
Vitamin B3: 1.44mg (7.21%)