



Layered Cobb Salad



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



408 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 avocado diced peeled
- ☐ 0.5 cup cheese blue crumbled
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 cup chicken breast cooked chopped cut into bite-size pieces
- ☐ 2 cucumbers peeled seeded chopped
- ☐ 4 large hard-cooked eggs
- ☐ 10 cup lettuce leaves shredded red
- ☐ 0.3 cup real bacon crumbles (in the salad-dressing aisle)

☐ 0.7 cup balsamic vinaigrette salad dressing prepared reduced-fat

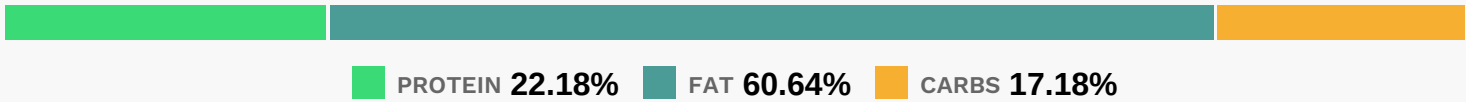
Equipment

☐ bowl

Directions

- ☐ Remove shells from eggs and dice 2 of the eggs. Discard yolks from remaining 2 eggs and chop the whites; set aside.
- ☐ In a large glass bowl, layer ingredients, beginning with lettuce, then chicken and next 5 ingredients (through bacon).
- ☐ Drizzle dressing over salad, and sprinkle with freshly ground pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:34.319999777752%

Flavonoids

Cyanidin: 12.49mg, Cyanidin: 12.49mg, Cyanidin: 12.49mg, Cyanidin: 12.49mg 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 Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg, Luteolin: 3.75mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 30.56mg, Quercetin: 30.56mg, Quercetin: 30.56mg, Quercetin: 30.56mg

Nutrients (% of daily need)

Calories: 408.07kcal (20.4%), Fat: 28.9g (44.46%), Saturated Fat: 7.7g (48.14%), Carbohydrates: 18.42g (6.14%), Net Carbohydrates: 11.38g (4.14%), Sugar: 6.58g (7.31%), Cholesterol: 161.58mg (53.86%), Sodium: 488.18mg (21.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.57%), Vitamin A: 30312.57IU (606.25%), Vitamin K: 596.37µg (567.97%), Folate: 212.99µg (53.25%), Manganese: 1.02mg (50.87%), Vitamin C: 39.12mg (47.42%), Vitamin B6: 0.79mg (39.64%), Potassium: 1340.52mg (38.3%), Vitamin B2: 0.63mg (37.06%), Selenium: 25.33µg (36.18%), Iron: 6.35mg (35.26%), Phosphorus: 324.98mg (32.5%), Vitamin B3: 5.64mg (28.2%), Fiber: 7.05g (28.18%), Vitamin B1: 0.38mg (25.05%), Calcium: 236.38mg (23.64%), Vitamin E: 3.47mg (23.14%), Vitamin B5: 2.26mg (22.61%), Magnesium: 88.82mg (22.2%), Copper: 0.32mg (16.22%), Zinc: 2.17mg (14.44%), Vitamin B12: 0.59µg (9.78%), Vitamin D: 0.81µg (5.42%)