



Layered Cobb Salad

READY IN



30 min.

SERVINGS



6

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.7 cup vegetable oil
- 0.3 cup red wine vinegar
- 1 teaspoon dijon mustard
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1 clove garlic finely chopped
- 12 oz the of 1 cos lettuce chopped
- 2 cups roasted chicken cooked
- 6 slices farro chopped

- 2 cups plum tomatoes chopped (Roma)
- 2 oz cheese blue crumbled
- 4 hardboiled eggs chopped
- 2 cups avocado pitted cubed peeled

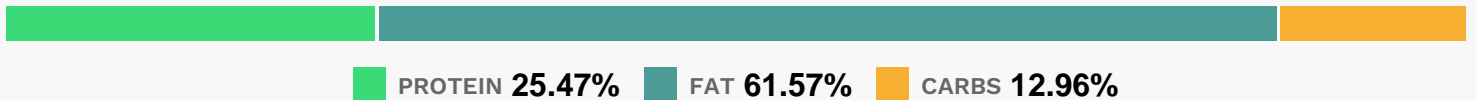
Equipment

- bowl
- whisk

Directions

- In small bowl, beat dressing ingredients with wire whisk until well blended. Refrigerate until ready to serve.
- In 6- to 8-quart glass bowl, place half of the chopped lettuce. Top with half each of the chicken, bacon, tomatoes, cheese and eggs. Repeat layers.
- Just before serving, top salad with avocados.
- Serve salad with dressing.

Nutrition Facts



Properties

Glycemic Index:33.17, Glycemic Load:1.29, Inflammation Score:-10, Nutrition Score:23.960434830707%

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: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 314.83kcal (15.74%), Fat: 21.9g (33.7%), Saturated Fat: 5.55g (34.71%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 4.78g (1.74%), Sugar: 3.52g (3.91%), Cholesterol: 166.42mg (55.47%), Sodium: 401.14mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.76%), Vitamin A: 5934.14IU (118.68%), Vitamin K: 84.25µg (80.24%), Folate: 150.09µg (37.52%), Selenium: 23.99µg (34.27%), Vitamin B3: 5.34mg (26.71%), Phosphorus: 248.84mg (24.88%), Vitamin B6: 0.49mg (24.45%), Vitamin B2: 0.4mg (23.27%), Fiber: 5.59g (22.37%), Vitamin C: 18.3mg (22.18%), Potassium: 753.02mg (21.51%), Vitamin B5: 1.94mg (19.36%), Vitamin E: 2.3mg (15.35%), Manganese: 0.3mg (14.89%), Zinc: 1.92mg (12.8%), Magnesium: 47.84mg (11.96%), Iron: 2.13mg (11.86%), Calcium: 107.58mg (10.76%), Vitamin B1: 0.16mg (10.71%), Copper: 0.21mg (10.46%), Vitamin B12: 0.62µg (10.34%), Vitamin D: 0.78µg (5.2%)