



Layered Cobb Salad

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



405 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups avocado pitted cubed peeled
- ☐ 6 slices bacon chopped
- ☐ 2 oz cheese blue crumbled
- ☐ 2 cups roasted chicken cooked
- ☐ 1 teaspoon dijon mustard
- ☐ 1 clove garlic finely chopped
- ☐ 4 hardboiled eggs chopped
- ☐ 0.3 teaspoon pepper

- ☐ 2 cups plum tomatoes chopped (Roma)
- ☐ 0.3 cup red wine vinegar
- ☐ 12 oz the of 1 cos lettuce chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup vegetable oil

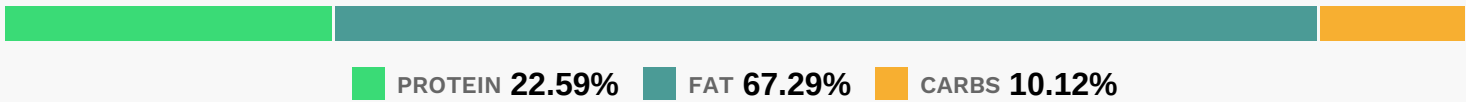
Equipment

- ☐ 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:25.26521740789%

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: 405.34kcal (20.27%), Fat: 30.63g (47.12%), Saturated Fat: 8.48g (52.99%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.52g (3.91%), Cholesterol: 180.94mg (60.31%), Sodium: 546.75mg (23.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.27%), Vitamin A: 5942.21IU (118.84%), Vitamin K: 84.24µg (80.23%), Selenium: 28.32µg (40.46%), Folate: 149.93µg (37.48%), Vitamin B3: 6.21mg (31.03%), Phosphorus: 279.98mg (28%), Vitamin B6: 0.55mg (27.32%), Vitamin B2: 0.41mg (24.28%), Potassium: 795.65mg (22.73%), Fiber: 5.55g (22.22%), Vitamin C: 18.3mg (22.18%), Vitamin B5: 2.06mg (20.57%), Vitamin E: 2.4mg (15.98%), Manganese: 0.3mg (14.89%), Vitamin B1: 0.22mg (14.7%), Zinc: 2.17mg (14.48%), Magnesium: 50.26mg (12.57%), Iron: 2.21mg (12.28%), Vitamin B12: 0.73µg (12.18%), Copper: 0.22mg (10.87%), Calcium: 108.57mg (10.86%), Vitamin D: 0.87µg (5.79%)