



Layered Cobb Salad

 **Gluten Free**

READY IN



1500 min.

SERVINGS



4

CALORIES



615 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 avocado
- ☐ 0.3 teaspoon pepper black
- ☐ 6 bacon crisp cooked drained finely chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup chives fresh finely chopped
- ☐ 1 small garlic clove minced
- ☐ 2 large hardboiled eggs halved
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 3 tablespoons red-wine vinegar
- ☐ 8 cups the of 1 cos lettuce
- ☐ 0.5 cup roquefort cheese crumbled
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds chicken breast halves boneless skinless
- ☐ 0.5 teaspoon sugar
- ☐ 0.8 pound tomatoes seeded cut into 1/2-inch pieces
- ☐ 2 bunches watercress

Equipment

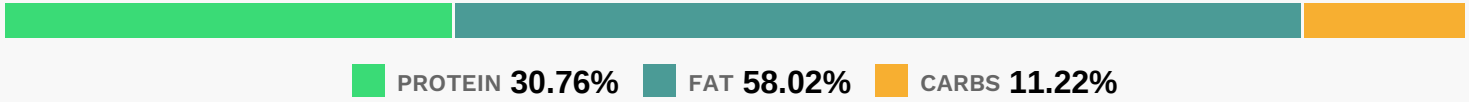
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ cutting board

Directions

- ☐ Whisk together all dressing ingredients except oil in a bowl, then add oil in a slow stream, whisking until emulsified.
- ☐ Bring 5 cups water to a simmer in a 2-quart saucepan, then simmer chicken, uncovered, 6 minutes.
- ☐ Remove pan from heat and cover, then let stand until chicken is cooked through, about 15 minutes.
- ☐ Transfer chicken to a cutting board and cool completely.
- ☐ Cut into 1/2-inch cubes.
- ☐ Halve, pit, and peel avocados, then cut into 1/2-inch cubes.
- ☐ Spread romaine over bottom of a 6- to 8-quart glass bowl and top with an even layer of chicken.

- ☐ Sprinkle bacon over chicken, then continue layering with tomatoes, cheese (to taste), avocados, watercress, eggs, and chives.
- ☐ Just before serving, pour dressing over salad and toss.
- ☐ ·Dressing can be made and salad assembled 1 hour ahead and chilled separately, covered.

Nutrition Facts



Properties

Glycemic Index:86.52, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:44.502608485844%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg, Kaempferol: 3.23mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 615.42kcal (30.77%), Fat: 40.36g (62.09%), Saturated Fat: 11.72g (73.25%), Carbohydrates: 17.57g (5.86%), Net Carbohydrates: 7.55g (2.74%), Sugar: 5.01g (5.56%), Cholesterol: 222.46mg (74.15%), Sodium: 1275.41mg (55.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.14g (96.29%), Vitamin A: 10039.63IU (200.79%), Vitamin K: 164.61µg (156.77%), Vitamin B3: 18.89mg (94.45%), Selenium: 65.31µg (93.31%), Vitamin B6: 1.62mg (81.07%), Folate: 257.88µg (64.47%), Phosphorus: 618.22mg (61.82%), Vitamin B5: 4.69mg (46.86%), Potassium: 1629.37mg (46.55%), Vitamin C: 35.74mg (43.32%), Vitamin B2: 0.7mg (41.3%), Fiber: 10.02g (40.08%), Calcium: 290.19mg (29.02%), Vitamin E: 4.16mg (27.75%), Magnesium: 109.57mg (27.39%), Manganese: 0.51mg (25.49%), Vitamin B1: 0.37mg (24.88%), Zinc: 3.13mg (20.87%), Copper: 0.37mg (18.59%), Iron: 3.01mg (16.73%), Vitamin B12: 0.88µg (14.68%), Vitamin D: 0.74µg (4.93%)