



Layered Cobb Salad

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 large avocado chopped
- 8 slices oscar mayer bacon crumbled cooked
- 2 cups cherry tomatoes halved
- 3 cups meat from a rotisserie chicken cooked chopped
- 1 cup classic ranch dressing kraft
- 1 small onion red chopped
- 6 cups tightly romaine lettuce packed chopped
- 1 cup cheddar cheese shredded kraft

Equipment

bowl

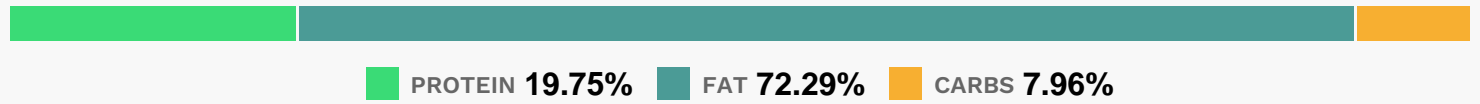
Directions

Layer first 5 ingredients in bowl.

Drizzle dressing evenly over salad; spread, if necessary, to completely cover top of salad. Top with cheese and bacon.

Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:6.27, Glycemic Load:0.3, Inflammation Score:-8, Nutrition Score:10.29695649769%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 226.37kcal (11.32%), Fat: 18.25g (28.08%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.89g (2.1%), Cholesterol: 40.44mg (13.48%), Sodium: 297.02mg (12.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.44%), Vitamin K: 44.29µg (42.18%), Vitamin A: 1851.72IU (37.03%), Selenium: 12.2µg (17.43%), Phosphorus: 155.22mg (15.52%), Vitamin B3: 3.1mg (15.49%), Vitamin B6: 0.23mg (11.44%), Folate: 44.02µg (11.01%), Vitamin C: 7.16mg (8.68%), Vitamin B2: 0.13mg (7.89%), Potassium: 268.83mg (7.68%), Vitamin B5: 0.74mg (7.44%), Calcium: 73.37mg (7.34%), Zinc: 1.04mg (6.91%), Fiber: 1.56g (6.23%), Vitamin E: 0.88mg (5.84%), Vitamin B1: 0.09mg (5.82%), Magnesium: 19.16mg (4.79%), Iron: 0.85mg (4.74%), Manganese: 0.09mg (4.6%), Vitamin B12: 0.25µg (4.12%), Copper: 0.08mg (3.93%)