



Patricia Wells's Cobb Salad: Iceberg, Tomato, Avocado, Bacon, and Blue Cheese



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large avocado pitted ripe cubed peeled halved
- ☐ 2.5 ounces bacon smoked cut into matchsticks (3/4 cup)
- ☐ 1 cup cheese blue chilled crumbled (preferably Roquefort)
- ☐ 4 servings pepper black freshly ground
- ☐ 2 heirloom tomatoes cored ripe peeled seeded chopped
- ☐ 4 cups lettuce chopped
- ☐ 4 servings optional: lemon

☐ 4 small spring onion white trimmed peeled cut into thin rounds

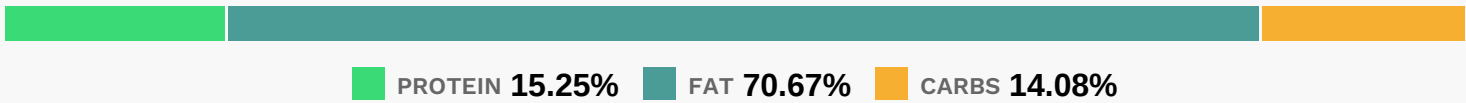
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ In a large, dry skillet, brown the bacon over moderate heat until crisp and golden, about 5 minutes. With a slotted spoon, transfer the bacon to several layers of paper towels to absorb the fat. Blot the top of the bacon with several layers of paper towels to absorb any additional fat. Set aside.
- ☐ In a large, shallow bowl, combine the bacon, lettuce, tomatoes, avocado, cheese, and spring onions. Toss with just enough dressing to lightly and evenly coat the ingredients. Season generously with pepper, and serve.
- ☐ WINE SUGGESTION: This is a special salad, one that seems to hit the spot with all my guests, so let's open a nice, special bottle of smoky-style Alsatian Riesling from the house of Léon Beyer, Trimbach, or Hugel. Neither you nor your guests will be disappointed.
- ☐ From Salad as a Meal: Healthy Main-Dish Salads for Every Season by Patricia Wells, (C) 2011 William Morrow

Nutrition Facts



Properties

Glycemic Index:56.63, Glycemic Load:1.82, Inflammation Score:-8, Nutrition Score:15.006521893584%

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 Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg

1.95mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 298.45kcal (14.92%), Fat: 24.36g (37.48%), Saturated Fat: 9.77g (61.08%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 5.6g (2.04%), Sugar: 3.83g (4.25%), Cholesterol: 37.01mg (12.34%), Sodium: 520.17mg (22.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Vitamin K: 44.09µg (41.99%), Vitamin A: 1263.11IU (25.26%), Vitamin C: 20.12mg (24.38%), Folate: 86.94µg (21.74%), Phosphorus: 214.55mg (21.45%), Fiber: 5.32g (21.28%), Calcium: 210.09mg (21.01%), Potassium: 637.26mg (18.21%), Vitamin B6: 0.32mg (16.03%), Vitamin B5: 1.52mg (15.19%), Vitamin B2: 0.24mg (14.35%), Manganese: 0.26mg (12.97%), Selenium: 8.79µg (12.56%), Vitamin B3: 2.42mg (12.1%), Vitamin E: 1.7mg (11.34%), Zinc: 1.67mg (11.11%), Vitamin B1: 0.15mg (10.02%), Magnesium: 38mg (9.5%), Copper: 0.18mg (8.94%), Vitamin B12: 0.5µg (8.34%), Iron: 1.04mg (5.78%), Vitamin D: 0.24µg (1.6%)