



Potato Cobb Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



743 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 large avocados
- 4 ounces cheese blue crumbled
- 6 slices bacon crumbled cooked
- 12 small green onions sliced
- 1 tablespoon juice of lemon fresh
- 8 cups salad greens mixed
- 16 ounce olive oil-and-vinegar dressing divided
- 10 servings pepper freshly ground to taste

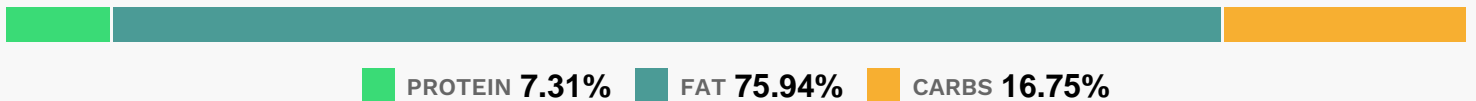
- 0.8 teaspoon salt
- 8 ounces sharp cheddar cheese shredded
- 3 large tomatoes diced seeded
- 3 pounds yukon gold potatoes

Equipment

Directions

- Cook potatoes in boiling salted water to cover 30 minutes or until tender.
- Drain and cool slightly. Peel and cut into cubes.
- Sprinkle potatoes evenly with 3/4 teaspoon salt.
- Pour 1 cup dressing over potatoes; gently toss. Reserve remaining dressing. Cover potato mixture; chill at least 2 hours or overnight.
- Arrange salad greens evenly on a large serving platter. Peel and chop avocados; toss with lemon juice.
- Arrange potatoe, avocado, tomatoe, and next 4 ingredients in rows over salad greens.
- Sprinkle with pepper.
- Serve with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:18.58, Inflammation Score:-8, Nutrition Score:22.420434936233%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg, Luteolin: 0.05mg Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg, Kaempferol: 1.22mg
Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.92mg, Quercetin: 1.92mg,
Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 742.55kcal (37.13%), Fat: 64.19g (98.76%), Saturated Fat: 14.22g (88.9%), Carbohydrates: 31.86g (10.62%),
Net Carbohydrates: 25.34g (9.21%), Sugar: 3.07g (3.41%), Cholesterol: 35.94mg (11.98%), Sodium: 557.71mg
(24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.9g (27.79%), Vitamin C: 47.44mg (57.5%), Vitamin
K: 56.05µg (53.38%), Vitamin E: 7.93mg (52.85%), Vitamin B6: 0.64mg (31.94%), Potassium: 1042.67mg (29.79%),
Phosphorus: 292.93mg (29.29%), Fiber: 6.53g (26.11%), Calcium: 256.93mg (25.69%), Vitamin A: 1255.76IU
(25.12%), Folate: 87.37µg (21.84%), Manganese: 0.4mg (20.09%), Vitamin B2: 0.28mg (16.58%), Vitamin B3: 3.3mg
(16.5%), Selenium: 11.24µg (16.05%), Magnesium: 64.17mg (16.04%), Copper: 0.3mg (14.77%), Zinc: 2.12mg (14.12%),
Vitamin B5: 1.4mg (13.99%), Vitamin B1: 0.21mg (13.74%), Iron: 2.1mg (11.69%), Vitamin B12: 0.43µg (7.18%), Vitamin D:
0.21µg (1.41%)