



Smoked Chicken Cobb Salad with Avocado Dressing

 Gluten Free

READY IN



48 min.

SERVINGS



4

CALORIES



553 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup avocado diced peeled
- 0.5 cup avocado diced peeled
- 4 cups baby spinach
- 0.3 teaspoon pepper black freshly ground
- 1.5 ounces cheese blue crumbled
- 1 teaspoon canola oil
- 0.3 cup chicken stock see unsalted (such as Swanson)

- 0.5 cup basil leaves fresh chopped
- 1 garlic clove minced
- 2 large hard-cooked eggs chilled quartered
- 2 heirloom tomatoes cut into 1/4-inch-thick slices
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil extra-virgin
- 1 cup hickory wood chips
- 4 cups romaine lettuce coarsely chopped
- 12 ounce chicken breast halves boneless skinless
- 3 slices center-cut bacon
- 3 tablespoons water

Equipment

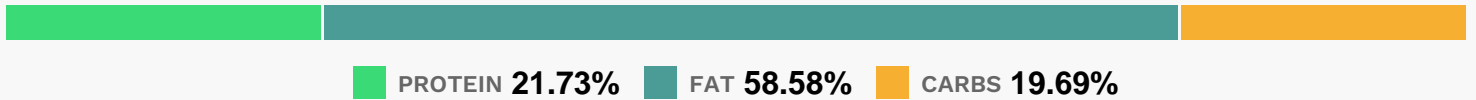
- food processor
- bowl
- frying pan
- aluminum foil

Directions

- To prepare dressing, combine first 7 ingredients in a mini food processor; process until smooth.
- To prepare salad, cook bacon in a nonstick skillet over medium heat until crisp.
- Remove bacon from pan; crumble.
- Add canola oil to pan; swirl to coat.
- Add chicken to pan; saut 6 minutes on each side or until done. Cool slightly; shred with 2 forks.
- Pierce 10 holes on one side of the bottom of a 13 x 9-inch disposable aluminum foil pan.
- Place holes over element on cooktop; place wood chips over holes inside pan.

- Place a shallow ovenproof bowl on opposite end of pan.
- Add chicken and stock to bowl.
- Heat element under holes to medium-high; let stand 1 minute or until chips begin to smoke. Carefully cover pan with foil. Reduce heat to low; smoke chicken 10 minutes.
- Remove from heat.
- Drain.
- Combine spinach, romaine, and basil in a large bowl; toss. Arrange 2 cups spinach mixture on each of 4 plates. Divide bacon, chicken, 1/3 cup avocado, tomatoes, eggs, and cheese evenly among plates.
- Drizzle about 3 tablespoons dressing over each salad.

Nutrition Facts



Properties

Glycemic Index:93.33, Glycemic Load:10.93, Inflammation Score:-10, Nutrition Score:34.35608716633%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 552.65kcal (27.63%), Fat: 36.55g (56.23%), Saturated Fat: 10g (62.48%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 20.39g (7.42%), Sugar: 3.27g (3.63%), Cholesterol: 167.14mg (55.71%), Sodium: 858.64mg (37.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.01%), Vitamin K: 222.63µg (212.03%), Vitamin A: 7867.28IU (157.35%), Vitamin B3: 12.61mg (63.05%), Selenium: 41.25µg (58.93%), Vitamin B6: 1.09mg (54.31%), Folate: 191.73µg (47.93%), Phosphorus: 400.58mg (40.06%), Potassium: 1279.69mg (36.56%), Vitamin C: 28.87mg (35%), Manganese: 0.68mg (33.82%), Fiber: 7.25g (28.99%), Vitamin B5: 2.75mg (27.49%), Vitamin B2: 0.45mg (26.29%), Vitamin E: 3.39mg (22.57%), Magnesium: 89.25mg (22.31%), Iron: 3.31mg (18.37%), Vitamin B1:

0.27mg (18.32%), Calcium: 142.69mg (14.27%), Zinc: 2.07mg (13.77%), Copper: 0.24mg (12.12%), Vitamin B12: 0.66µg (11%), Vitamin D: 0.75µg (5.03%)