



Southwestern Cobb Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



460 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup avocado diced
- ☐ 15 ounce black beans low-sodium rinsed drained canned
- ☐ 2 tablespoons canola oil
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup spring onion chopped
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 teaspoon honey

- ☐ 0.5 cup pico de gallo fresh refrigerated
- ☐ 2 ounces queso fresco crumbled
- ☐ 8 cups the of 1 cos lettuce
- ☐ 0.3 teaspoon salt
- ☐ 8 ounces turkey breast meat boneless skinless cut into 1/2-inch pieces
- ☐ 0.5 teaspoon paprika smoked
- ☐ 3 slices bacon
- ☐ 3 tablespoons citrus champagne vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ To prepare vinaigrette, combine first 6 ingredients in a medium bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk; set aside.
- ☐ To prepare salad, cook bacon in a nonstick skillet over medium heat until crisp.
- ☐ Remove bacon from pan; crumble. Wipe pan clean with paper towels. Increase heat to medium-high. Coat pan with cooking spray.
- ☐ Sprinkle turkey with salt.
- ☐ Add turkey to pan; saut 4 minutes or until done.
- ☐ Arrange 2 cups lettuce on each of 4 plates. Top each serving with about 2 teaspoons bacon, 5 tablespoons turkey, 2 tablespoons pico de gallo, 2 tablespoons avocado, 2 tablespoons queso fresco, 1 tablespoon onions, and about 1/3 cup beans.
- ☐ Drizzle vinaigrette evenly over salads.

Nutrition Facts



 **PROTEIN 26.46%**  **FAT 48.35%**  **CARBS 25.19%**

Properties

Glycemic Index:45.32, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:25.11217395119%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 460.23kcal (23.01%), Fat: 25.27g (38.88%), Saturated Fat: 6.47g (40.42%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 18.7g (6.8%), Sugar: 5.87g (6.52%), Cholesterol: 74.83mg (24.94%), Sodium: 1080.35mg (46.97%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 31.11g (62.23%), Vitamin A: 8718.51IU (174.37%), Vitamin K: 118.68µg (113.03%), Folate: 213.37µg (53.34%), Fiber: 10.93g (43.7%), Iron: 4.62mg (25.68%), Phosphorus: 254.08mg (25.41%), Manganese: 0.46mg (23.23%), Potassium: 764.27mg (21.84%), Vitamin B1: 0.32mg (21.21%), Calcium: 175.47mg (17.55%), Magnesium: 66.48mg (16.62%), Vitamin B2: 0.27mg (16.06%), Copper: 0.32mg (15.77%), Selenium: 10.18µg (14.55%), Vitamin B6: 0.28mg (13.96%), Vitamin C: 11.49mg (13.93%), Vitamin E: 2.06mg (13.76%), Vitamin B3: 2.46mg (12.3%), Zinc: 1.67mg (11.13%), Vitamin B5: 0.81mg (8.05%), Vitamin B12: 0.37µg (6.22%), Vitamin D: 0.49µg (3.27%)