



## Southwestern Cobb Salad

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



276 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 small avocados sliced
- 20 oz baby salad greens mixed
- 12 slices oscar mayer bacon crumbled cooked
- 15 oz black beans rinsed canned
- 1 cup four cheese shredded mexican style kraft finely
- 2 cups cherry tomatoes halved
- 12 oz oscar mayer carving board southwestern seasoned chicken breast strips
- 4 hard-cooked eggs chopped

- 0.7 cup classic ranch dressing kraft
- 0.3 cup taco bellâ® & chunky salsa thick

## Equipment

## Directions

- Cover large platter with greens.
- Arrange next 7 ingredients in rows over greens.
- Mix dressing and salsa; drizzle over salad just before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.47, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:12.87043483361%

## Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 276.49kcal (13.82%), Fat: 20.38g (31.35%), Saturated Fat: 5.69g (35.58%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 6.58g (2.39%), Sugar: 1.57g (1.74%), Cholesterol: 86.17mg (28.72%), Sodium: 465.38mg (20.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.6g (27.2%), Selenium: 18.19µg (25.98%), Phosphorus: 216.95mg (21.7%), Vitamin C: 17.13mg (20.76%), Vitamin B3: 4.11mg (20.56%), Vitamin K: 20.99µg (19.99%), Vitamin B6: 0.38mg (19.09%), Folate: 64.58µg (16.15%), Fiber: 3.99g (15.98%), Vitamin A: 756.73IU (15.13%), Vitamin B2: 0.24mg (14.22%), Potassium: 488.72mg (13.96%), Vitamin B5: 1.23mg (12.31%), Vitamin B1: 0.15mg (10.26%), Manganese: 0.2mg (10.06%), Magnesium: 36.42mg (9.1%), Calcium: 86.78mg (8.68%), Vitamin E: 1.29mg (8.57%), Copper: 0.16mg (8.13%), Zinc: 1.22mg (8.11%), Iron: 1.44mg (8.01%), Vitamin B12: 0.38µg (6.32%), Vitamin D: 0.44µg (2.95%)