



Spring Chicken Cobb Salad

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 oz arugula washed
- 2 avocados sliced
- 4 servings yogurt-basil vinaigrette
- 4 slices bacon fully cooked chopped
- 4 ounces goat cheese crumbled
- 2 teaspoons olive oil
- 0.3 teaspoon pepper
- 2 cups roasted chicken shredded chopped

- 1 cup roasted bell peppers red jarred drained chopped
- 0.3 teaspoon salt
- 1 large onion sweet

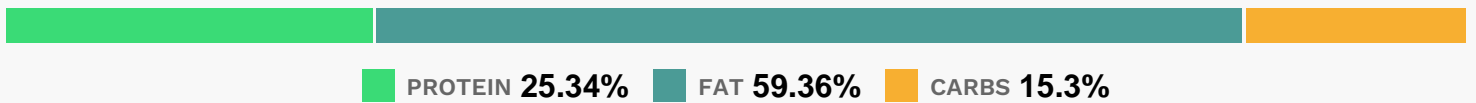
Equipment

- frying pan
- grill pan

Directions

- Cut onion into 1/4-inch-thick slices.
- Brush with olive oil, and sprinkle with salt and pepper.
- Heat a grill pan over medium-high heat; cook onion slices 4 to 5 minutes on each side or until lightly charred and tender.
- Arrange arugula on a serving platter; top with onions, chicken, and next 4 ingredients.
- Drizzle with Yogurt-Basil Vinaigrette.
- Try This Twist!
- Salmon Cobb Salad: Omit chicken. Season 4 (4-oz.) salmon fillets with 3/4 tsp. salt and 1/4 tsp. pepper. Cook salmon, covered, in 1 Tbsp. hot olive oil in a large skillet over medium heat 8 to 10 minutes on each side or until done. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:26.394347532936%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 13.31mg, Kaempferol: 13.31mg, Kaempferol: 13.31mg, Kaempferol: 13.31mg Myricetin: 0.94mg,

Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg, Quercetin: 14.82mg

Nutrients (% of daily need)

Calories: 450.08kcal (22.5%), Fat: 30.62g (47.11%), Saturated Fat: 8.82g (55.15%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 9.22g (3.35%), Sugar: 5.8g (6.45%), Cholesterol: 73.46mg (24.49%), Sodium: 939.09mg (40.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.82%), Vitamin K: 70.2µg (66.86%), Vitamin C: 35.97mg (43.6%), Vitamin B3: 8.66mg (43.29%), Vitamin B6: 0.86mg (42.91%), Folate: 148.69µg (37.17%), Fiber: 8.53g (34.12%), Phosphorus: 339.36mg (33.94%), Selenium: 23.11µg (33.01%), Vitamin A: 1601.17IU (32.02%), Copper: 0.57mg (28.75%), Potassium: 982.96mg (28.08%), Vitamin B5: 2.61mg (26.14%), Vitamin B2: 0.42mg (24.65%), Manganese: 0.46mg (22.83%), Magnesium: 80.31mg (20.08%), Vitamin E: 2.64mg (17.59%), Iron: 3.11mg (17.3%), Zinc: 2.57mg (17.12%), Vitamin B1: 0.23mg (15.63%), Calcium: 152.83mg (15.28%), Vitamin B12: 0.34µg (5.73%)