



Winter cobb salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



469 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 bacon smoked
- ☐ 2 little gem lettuces chopped
- ☐ 4 celery stalks chopped
- ☐ 1 chicken shredded cooked
- ☐ 75 g cheese blue crumbled
- ☐ 2 hardboiled eggs halved
- ☐ 4 tbsp olive oil
- ☐ 2 tbsp citrus champagne vinegar

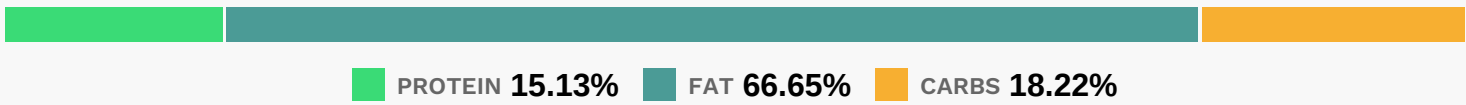
- ☐ 1 tbsp dijon mustard
- ☐ 1 tsp clear honey
- ☐ 2 spring onion finely sliced

Equipment

Directions

- ☐ Fry the bacon until crisp and cooked through, then very roughly chop.
- ☐ To make the dressing, mix the olive oil, vinegar, mustard and honey with 1 tbsp water and some seasoning. Save 2 tbsp in the fridge for another salad (see 'Goes well with'). Stir the spring onions into the rest of the dressing.
- ☐ Use the chopped lettuce and celery as a base, then arrange the bacon, chicken, blue cheese and hard-boiled eggs on top and drizzle over the dressing.
- ☐ Serve with bread, if you like.

Nutrition Facts



Properties

Glycemic Index:51.82, Glycemic Load:5.07, Inflammation Score:-9, Nutrition Score:32.210869167162%

Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 468.87kcal (23.44%), Fat: 36.31g (55.87%), Saturated Fat: 10.91g (68.18%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 15.72g (5.72%), Sugar: 14.52g (16.13%), Cholesterol: 129.28mg (43.09%), Sodium: 522.96mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.09%), Vitamin C: 97.62mg (118.32%), Vitamin B6: 1.39mg (69.74%), Vitamin B2: 1.04mg (61.27%), Manganese: 1.04mg (51.87%), Potassium: 1666.18mg (47.61%), Folate: 187.63µg (46.91%), Phosphorus: 386.73mg (38.67%), Vitamin K: 39.6µg (37.71%), Vitamin A: 1498.82IU (29.98%), Selenium: 19.59µg (27.98%), Magnesium: 110.9mg (27.73%), Fiber: 6.62g (26.47%), Vitamin B1: 0.4mg (26.42%), Vitamin B3: 4.38mg (21.9%), Vitamin E: 3.2mg (21.33%), Calcium: 207.13mg (20.71%), Zinc: 2.86mg (19.04%), Vitamin B5: 1.76mg (17.64%), Copper: 0.32mg (16.21%), Iron: 2.75mg (15.29%), Vitamin B12: 0.67µg (11.2%),

Vitamin D: 0.78µg (5.17%)