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California Cobb Salad ♦♦

The California Cobb Salad is a classic American salad that originated in California. It is made with a variety of fresh ingredients and topped with a creamy ranch dressing. This salad is perfect for a light lunch or dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Romaine Lettuce
200 g	chicken breast
100 g	Avocado
100 g	hard-boiled eggs
50 g	bacon

100 g	Tomatoes
50 g	Blue cheese
50 g	ranch dressing

Directions

Step 1

Cutting

Wash and chop the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Cook the chicken breast and slice it into strips.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Cutting

Peel and slice the avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cutting

Slice the hard-boiled eggs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Frying

Cook the bacon until crispy and crumble it.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Cutting

Dice the tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Cutting

Crumble the blue cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Mixing

In a large bowl, combine the romaine lettuce, chicken breast, avocado, hard-boiled eggs, bacon, tomatoes, and blue cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 9

Mixing

Drizzle the ranch dressing over the salad and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 10

Serving

Serve the California Cobb Salad and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%
Iron	2 mg	25%	11.11%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic Game Day

Cuisines

Mexican Japanese Mediterranean Greek Spanish German American

Meal Type

Breakfast Lunch Snack

Nutritional Content

Low Calorie Low Fat Low Carb

Kitchen Tools

Microwave

Course

Salads

Difficulty Level

Medium

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