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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

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### Step 1

Cutting

Wash and chop the romaine lettuce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Grilling

Cook the chicken breast and slice it into strips.

**Prep Time:** 10 mins

**Cook Time:** 10 mins

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### Step 3

Cutting

Peel and slice the avocado.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Cutting

Slice the hard-boiled eggs.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Frying

Cook the bacon until crispy and crumble it.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 6

Cutting

Dice the tomatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Cutting

Crumble the blue cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## 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

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## Step 9

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## 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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