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Veggie Cobb Salad ·•

A refreshing and nutritious salad packed with vegetables and protein. The Veggie Cobb Salad is a vegetarian twist on the classic Cobb Salad, featuring a variety of colorful vegetables, eggs, cheese, and a tangy vinaigrette dressing.

Recipe Type: Vegetarian

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	Mixed Greens
150 g	Cherry Tomatoes
100 g	cucumber
100 g	Avocado
50 g	red onion

100 g	hard-boiled eggs
50 g	Blue cheese
50 g	walnuts
10 g	dijon mustard
20 g	red wine vinegar
30 g	olive oil
5 g	salt
5 g	pepper

Directions

Step 1

Preparation

Wash and dry the mixed greens.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the cherry tomatoes in half.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Cutting

Peel and dice the cucumber.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Cutting

Peel and dice the avocado.

Prep Time: 3 mins

Cook Time: 0 mins

Step 5

Cutting

Slice the red onion into thin strips.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Cutting

Peel and slice the hard-boiled eggs.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Cutting

Crumble the blue cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Cutting

Chop the walnuts.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Mixing

In a small bowl, whisk together the Dijon mustard, red wine vinegar, olive oil, salt, and pepper to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 10

Mixing

In a large salad bowl, combine the mixed greens, cherry tomatoes, cucumber, avocado, red onion, hard-boiled eggs, blue cheese, and walnuts.

Prep Time: 5 mins

Cook Time: 0 mins

Step 11

Mixing

Drizzle the dressing over the salad and toss to coat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 12

Serving

Serve the Veggie Cobb Salad immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	5 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	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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