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## Classic Cobb Salad ♦

The Classic Cobb Salad is a traditional American salad that originated in the 1930s. It is named after its creator, Robert Cobb, who was the owner of the Brown Derby restaurant in Los Angeles. The salad is known for its combination of fresh ingredients and flavorful dressing. It is typically consumed as a main course and is a popular choice for 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	bacon
100 g	hard-boiled eggs

100 g	Tomatoes
100 g	Avocado
50 g	Blue cheese
30 ml	red wine vinegar
2 tsp	dijon mustard
60 ml	olive oil
1 tsp	salt
1 tsp	black pepper

## Directions

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### Step 1

Cut

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

Frying

Cook the bacon until crispy and crumble it.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

Cut

Peel and chop the hard-boiled eggs.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 5

Cut

Dice the tomatoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 6

Cut

Slice the avocado.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Cut

Crumble the blue cheese.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 8

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 9

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 10

Mixing

Drizzle the dressing over the salad and toss to coat.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 11

Serving

Serve the Classic Cobb Salad and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 30 g

**Carbohydrates:** 15 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
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	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
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	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	3 mg	37.5%	16.67%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

Low Sodium

Low Fat

Low Carb

High Fiber

## Cuisines

Italian

American

Middle Eastern

## Diet

Anti-Inflammatory Diet

## Course

Salads

Snacks

## Cultural

Chinese New Year

## Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

## Difficulty Level

Medium

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