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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

Step 1



Wash and chop the romaine lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2



Cook the chicken breast and slice it into strips.

Prep Time: 10 mins

Cook Time: 10 mins

Step 3

Frying

Cook the bacon until crispy and crumble it.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4



Peel and chop the hard-boiled eggs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5



Dice the tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Cut

Slice the avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7



Crumble the blue cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8



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

Step 9



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

Step 10



Drizzle the dressing over the salad and toss to coat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 11

Serving

Serve the Classic Cobb Salad and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

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%

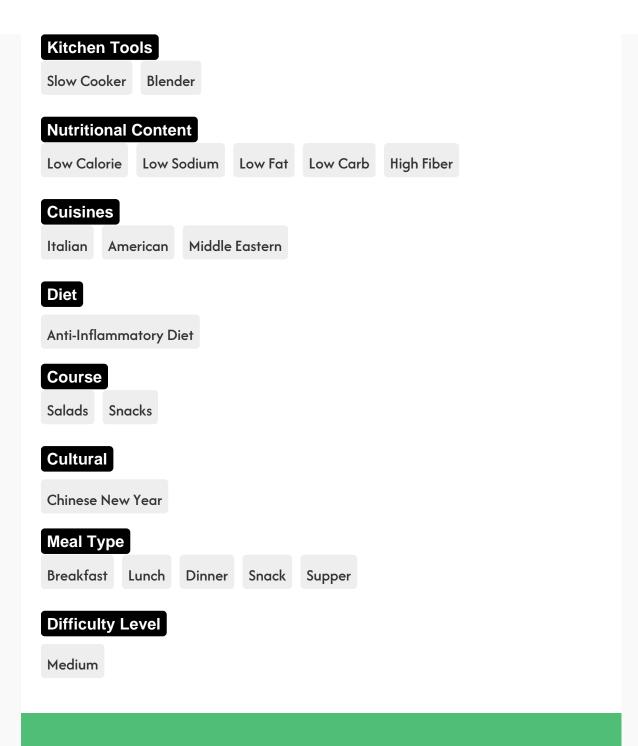
Minerals

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



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