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Chicken Cobb ♦♦

The Chicken Cobb is a classic salad made with grilled chicken, crispy bacon, hard-boiled eggs, avocado, tomatoes, and blue cheese. It's a hearty and flavorful salad that can be enjoyed as a main course or a side dish. The combination of ingredients creates a perfect balance of flavors and textures.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
100 g	bacon
4 pieces	Eggs
200 g	Avocado

200 g	Tomatoes
100 g	blue cheese

Directions

Step 1

Grilling

Grill the chicken breast until cooked through.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Frying

Cook the bacon until crispy.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Boiling

Boil the eggs until hard-boiled.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Cutting

Slice the avocado and tomatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Crumble the blue cheese.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Plating

Assemble the salad by arranging the grilled chicken, bacon, hard-boiled eggs, avocado, tomatoes, and blue cheese on a bed of lettuce.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	4 g	10.53%	16%
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	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	15 mg	16.67%	20%
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	600 mg	26.09%	26.09%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
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

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Breads

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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