

# Eat This or That?: Cobb Salad

Lynn Lanza - Registered Dietitian & Certified Diabetes Educator  
Paper Cranes Healthcare  
(480) 704-3474

Homemade Cobb salad:

- 2 or more cups spring mix
- ¼ medium avocado
- 2 oz boneless, skinless grilled chicken breast
- 1 hard boiled egg
- 1 tbsp goat cheese
- 2 tbsp sliced black olives
- ½ cup cherry tomatoes
- 1/8 cup edamame
- 1 tbsp good quality ranch dressing (I like Lighthouse Farms or to make my own)

<b>Nutrition Facts</b>	
Servings 1.0	
Amount Per Serving	
<b>calories 376</b>	
<b>% Daily Value *</b>	
<b>Total Fat</b> 23 g	36 %
Saturated Fat 3 g	15 %
Monounsaturated Fat 7 g	
Polyunsaturated Fat 4 g	
Trans Fat 0 g	
<b>Cholesterol</b> 179 mg	60 %
<b>Sodium</b> 383 mg	16 %
<b>Potassium</b> 565 mg	16 %
<b>Total Carbohydrate</b> 13 g	4 %
Dietary Fiber 6 g	25 %
Sugars 2 g	
<b>Protein</b> 25 g	51 %
Vitamin A	89 %
Vitamin C	46 %
Calcium	11 %
Iron	10 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	

