

# Cobb Salad

5.5 oz.'s lettuce  
1 oz.'s bacon,  
1 oz.'s ham  
diced 1 oz.'s turkey .5 egg

1 oz.'s cheese  
2 oz.'s blue cheese  
1 oz.'s black olives,  
1 oz.'s tomato

Serving size: Entire recipe  
(15.3 oz.'s).

Amount Per Serving	
Calories	705.95
Calories From Fat (75%)	526.42
	% Daily Value
Total Fat 59.32g	91%
Saturated Fat 16.66g	83%
Cholesterol 183.9mg	61%
Sodium 2378.28mg	99%
Potassium 911.9mg	26%
Total Carbohydrates 15.15g	5%
Fiber 5.63g	23%
Sugar 5.79g	
Protein 29.8g	60%