

Recipe Analysis Report

Detail Information Per Portion

Lobster Cobb Salad-Centro

Analysis Accepted (PATRICKGOYAU,13-APR-25)

Yield: 20
Portion: 1 cup

Category: Starters:Side Salads

Nutrient Link	Source	Grams	Calo ries (kcal)	Pro tein (gm)	Fat (gm)	Carbo hydrat (gm)	Chol estrol (mg)	Cal cium (mg)	Sodium (mg)	Iron (mg)
Lettuce,Cos or Romaine,Raw, head	USDA	353	60	4.3	1.1	11.6	0	117	28	3.42
Turkey Bacon	USDA	28	63	4.5	4.7	0.5	24	22	299	0.39
Corn,Swt,Yel,Frz,Krnls Cut Off Cob,Unprep, cup	USDA	28	25	0.9	0.2	5.9	0	1	1	0.12
Salad Dressing,Ranch,Light,RF,Light Done Right	UserNuts	57	124	0.0	8.0	12.4	18	0	620	0.00
Egg,Whole,Cooked,Hard-Boiled, large	USDA	25	39	3.1	2.7	0.3	93	13	31	0.30
Avocados,Raw,All Commercial Varieties, avocado,ns fla/ca	USDA	50	80	1.0	7.4	4.3	0	6	4	0.28
Cheese,Blue, cup,crumbled,not pkd	USDA	57	200	12.1	16.3	1.3	43	299	650	0.18
Tomatoes,Red,Ripe,Raw,Year Round Average, cherry	USDA	16	3	0.1	0.0	0.6	0	2	1	0.04
Salad Drsng,Blue or Roquefort Chs Drsng,Comm,Reg	USDA	43	206	0.6	21.7	2.0	13	16	273	0.04
Crustaceans,Lobster,Northern,Cooked,Moist Heat, 3 oz	USDA	85	76	16.2	0.7	0.0	124	82	413	0.25
Totals Per Portion		741	876	42.8	62.8	38.9	315	557	2320	5.01
Totals Per 100 Grams		100	118	5.8	8.5	5.3	42	75	313	0.68
Actual Calorie Distribution / Portion				171.3	565.2	155.8				
Daily Value			2000	50.0	78.0	275.0	300	1300	2300	18.00
Recommended Calorie Distribution (%)				15.0	30.0	55.0				
Percent Calorie Distribution (%)				19.2	63.3	17.5				

+ Indicates nutrient value calculated from partial information.