

Healthy 5-Minute Tuna Salad

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 8.7 g, Fiber: 3.9 g, **Net carbs: 4.8 g,**

Protein: 32.6 g, Fat: 54.6 g, Calories: 651 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

1/4 cup [paleo mayonnaise](#) (55 g/ 1.9 oz) - *you can [make your own mayo](#)*

1 tbsp lemon juice (15 ml)

2 tbsp [extra virgin olive oil](#) (30 ml)

1 tbsp chopped parsley *or* chives

1/4 tsp each salt and pepper, or to taste

1 head romaine lettuce (150 g/ 5.3 oz)

1/2 small yellow *or* red onion, sliced (40 g/ 1.4 oz)

1 medium cucumber *or* 4-5 gherkins (150 g/ 5.3 oz)

8 large olives, sliced (80 g/ 2.8 oz)

1 jar tuna, drained (150 g/ 5.3 oz)

4 large hard-boiled eggs

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Instructions

1. Prepare the dressing by placing all of the ingredients in a mason jar (mayonnaise, lemon juice, olive oil, parsley, salt and pepper). Close with a lid and shake until well combined.
2. Slice the cucumber (peeled if desired), onion and olives. Separate the lettuce leaves and fold into a bowl.
3. Add sliced cucumber, onion, tuna and olives.
4. Quarter the eggs and add to the salad.
5. If the dressing has separated, shake again just before drizzling on the salad. Garnish with fresh parsley or chives. Eat immediately or store in the fridge for up to a day.

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