

# Healthy 6-Ingredient Smoked Salmon Salad

Hands-on 5 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 11.6 g, Fiber: 7.8 g, **Net carbs: 3.8 g**,

Protein: 26 g, Fat: 40.5 g, Calories: 499 kcal,

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



## Ingredients (makes 2 servings)

- 150 g smoked salmon, cooked or raw (5.3 oz)
- 1 small head of lettuce (160 g/ 5.6 oz)
- 1 large avocado (200 g/ 7.1 oz)
- 2 hard-boiled eggs
- 1 tbsp lemon juice (15 ml)
- 2 tbsp extra virgin olive oil, or keto dressing of choice (30 ml)

## Instructions

1. If you don't have boiled eggs, boil some now.
2. Rinse and drain your lettuce and lay it out in the bottom of two serving bowls or one large share bowl.
3. Tear the salmon into bite sized chunks and scatter over the lettuce. You can either use hot smoked (cooked) or cold smoked (raw) salmon.
4. Peel the eggs and cut them in half. Place the halves on your salad.
5. De-seed and peel your avocado and slice it. Arrange it on top of the salad.
6. Squeeze a bit of lemon juice over the salad and drizzle with olive oil the salad prior to eating.
7. Optionally, you can swap the olive oil with keto-friendly dressing. Store in the refrigerator, without the avocado, covered for two days.

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