

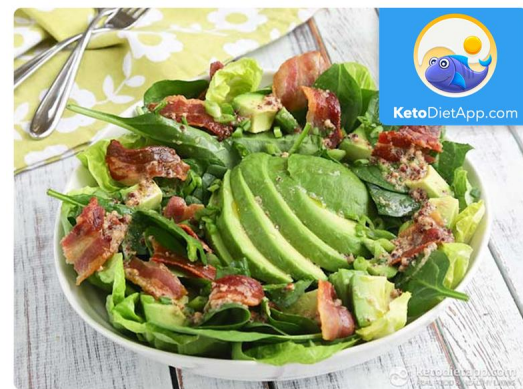
Easy Avocado & Bacon Salad

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 22.2 g, Fiber: 15.5 g, **Net carbs: 6.7 g**,

Protein: 14.2 g, Fat: 65.6 g, Calories: 699 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 2 servings)

2 large avocados (400 g / 14.2 oz)

2 small heads lettuce (200 g / 7.1 oz)

2 cups fresh spinach (60 g / 2.1 oz)

1 medium spring onion (15 g / 0.5 oz)

4 large slices bacon, outdoor-reared (120 g / 4.2 oz)

Optionally: 2 hard-boiled eggs, sliced

Vinaigrette:

3 tbsp extra virgin olive oil

1 tbsp apple cider vinegar or home-made fruit vinegar

1 tsp Dijon mustard or wholegrain mustard (make your own)

pinch salt (I like pink Himalayan)

freshly ground black pepper

Optionally: dash Tabasco

When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Start by crisping up the bacon. Place the slices in a hot pan. Add 1/2 cup of water and cook over a medium heat to render the fat and until the bacon is crisped up, for 10-15 minutes. When done, set aside.
2. Meanwhile, tear the lettuce and wash well with the spinach. Place in a salad spinner or pat dry with a kitchen towel. Halve and deseed the avocados and slice into stripes.
3. Make the vinaigrette by mixing all the ingredients.
4. Optionally, peel and slice the hard-boiled eggs. *To cook the eggs: Fill a small saucepan with water up to three quarters. Add a good pinch of salt. This will prevent the eggs from cracking. Bring to a boil. Using a spoon or hand, dip each egg in and out of the boiling water (be careful not to get burnt!). This will prevent the egg from*

cracking, as the temperature change won't be so dramatic. To get the eggs hard-boiled, you need round 10 minutes. When done, remove from the heat and place in a bowl filled with cold water.

5. Assemble the salad by folding the lettuce and spinach in a bowl, add crisped up bacon torn in smaller pieces and sliced avocado. Enjoy!

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