

Keto Omelet Wrap with Salmon & Avocado

Hands-on 15 minutes Overall 15 minutes

Nutritional values (per serving): Total carbs: 13.3 g, Fiber: 7.4 g, **Net carbs: 5.8 g,**

Protein: 36.9 g, Fat: 66.9 g, Calories: 765 kcal,

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



Ingredients (per serving)

- 3 large eggs
- 1/2 average avocado (100 g / 3.5 oz)
- 1/2 package smoked salmon (50 g / 1.8 oz)
- 2 tbsp full-fat cream cheese (64 g / 2.3 oz)
- 2 tbsp freshly chopped chives
- 1 medium spring onion (15 g / 0.5 oz)
- 1 tbsp [ghee](#) or butter
- [sea salt](#) & pepper, to taste

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Instructions

1. Crack the eggs into a mixing bowl with a pinch of salt and pepper and beat them well with a whisk or fork.
2. Mix the cream cheese with chopped chives. Slice the smoked salmon, peel and slice the avocado.
3. Pour the eggs evenly in a hot pan greased with ghee. Cook over a medium-low heat. Don't rush it and don't try to cook it fast or the omelet will end up being too crispy and dry. Use a spatula to bring in the egg from the sides towards to centre for the first 30 seconds. Cook for another minute or two. *Note: Make sure you don't cook the omelet for too long. The desired texture should be soft, fluffy and not too juicy.*
4. Slide the omelet onto a plate and spoon the cheese spread all over.
5. Add the salmon, avocado, chopped spring onion and fold into a wrap.
6. Enjoy!

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