

# Low-Carb Salmon Stuffed Avocado

Hands-on 10 minutes Overall 30 minutes

**Nutritional values (per serving):** Total carbs: 13.9 g, Fiber: 7.5 g, **Net carbs: 6.4 g,**

Protein: 27 g, Fat: 34.6 g, Calories: 463 kcal,

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



## Ingredients (makes 2 servings)

2 small-medium or 1 large avocado, seed removed (200 g / 7.1 oz)

2 small salmon fillets (220 g / 7.8 oz) - yields 175 g / 6.2 oz cooked

1 small white onion, finely chopped (70 g / 2.5 oz)

1/4 cup soured cream or crème fraîche or mayonnaise, [try my home-made mayo](#) (58 g / 2 oz)

2 tbsp fresh lemon juice (~ 1/2 lemon)

salt to taste (I used [pink Himalayan](#))

freshly ground [black pepper](#) to taste

1 tbsp [ghee](#) or [coconut oil](#) (you can [make your own ghee](#))

1-2 tbsp freshly chopped dill

lemon wedges for garnish

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

## Instructions

1. Preheat the oven to 200 F / 400 F. Place the salmon fillets on a baking tray lined with parchment paper. Drizzle with melted ghee or olive oil, season with salt and pepper and 1 tablespoon of fresh lemon juice. Place in the oven and bake for 20-25 minutes.
2. When done, remove from the oven and let it cool down for 5-10 minutes. Using a fork, shred the salmon fillets and discard the skin. Mix with finely chopped onion,...
3. ..., soured cream (or creme fraiche or mayonnaise) and freshly chopped dill.
4. Squeeze in more lemon juice and season with salt and pepper to taste. Scoop the middle of the avocado out leaving 1/2 - 1 inch of the avocado flesh. Cut the scooped avocado into small pieces.
5. Place the chopped avocado into the bowl with salmon and mix until well combined.
6. Fill each avocado half with the salmon & avocado mixture, add lemon and enjoy!

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