

Keto Crab Stuffed Avocado

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving): Total carbs: 10.8 g, Fiber: 7.2 g, **Net carbs: 3.6 g**,

Protein: 18.8 g, Fat: 39.4 g, Calories: 456 kcal,

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



Ingredients (makes 2 servings)

1/4 cup [mayonnaise](#), store-bought or homemade, [p. 112 in the cookbook](#) (55 g/ 1.9 oz)

3 tbsp + 1 tsp lime juice, divided

2 tbsp diced onion (20 g/ 0.7 oz)

2 tbsp chopped fresh cilantro

1/2 tsp ground cumin

1/4 tsp fine sea salt

pinch of fresh ground pepper

1 can crabmeat (170 g/ 6 oz)

1 ripe Haas avocado, halved, pitted and peeled (200 g/ 7.1 oz)

lime wedges, for serving

Optional: [Green Goddess Dressing](#), for drizzling ([p. 117 in the cookbook](#))

Instructions

1. In a medium bowl, combine the mayonnaise, 3 tablespoons of the lime juice, onions, cilantro, cumin, salt, and pepper. Gently fold in the crabmeat. Taste for seasoning and add more salt and pepper if desired.
2. Brush the avocado halves with the remaining 1 teaspoon of the lime juice to prevent discoloration.
3. Place the avocado halves, cut side up, on plates. Mound the crab salad into each avocado half. Serve with lime wedges and drizzle with Green Goddess Dressing, if desired. [Recipe for the Green Goddess Dressing](#) is on [p. 117 in the cookbook](#). If you have any filling left, serve aside with the avocado halves.

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