

# Easy Keto Berry Side Salad

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 9.1 g, Fiber: 4.1 g, **Net carbs: 5 g**,

Protein: 10.1 g, Fat: 31 g, Calories: 345 kcal,

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



## Ingredients (makes 1 serving)

2 cups salad greens (60 g/ 2.1 oz)

1/4 cup mixed berries (30 g/ 1.1 oz)

2 tbsp slivered almonds (14 g/ 0.5 oz)

2 slices red onion (8 g/ 0.3 oz)

30 g crumbled goat cheese (1.1 oz)

2 tbsp Keto Poppy Seed Dressing (30 ml)

## Instructions

1. Place the salad greens in a bowl and top with remaining ingredients.
2. Serve immediately.

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