

Sun-Dried Tomato & Basil Dressing

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 3 tbsp/ 45 ml): Total carbs: 2.6 g, Fiber: 0.4 g,

Net carbs: 2.2 g, Protein: 1 g, Fat: 17 g, Calories: 163 kcal,

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



Ingredients (makes about 1 1/3 cups)

1/2 cup sour cream (115 g/ 4.1 oz)

1/2 cup paleo mayo (110 g/ 3.9 oz) - *you can make your own mayo*

2 tbsp unsweetened tomato paste (30 g/ 1.1 oz)

1/3 cup chopped sun-dried tomatoes, drained (37 g/ 1.3 oz)

1/4 cup chopped basil (10 g/ 0.4 oz)

1 tbsp fresh lemon juice (15 ml)

salt and pepper, to taste

Instructions

1. In a bowl, mix the sour cream, mayonnaise and tomato paste.
2. Add finely chopped sun-dried tomatoes, basil and lemon juice. Mix until well combined. Season with salt and pepper to taste.
3. Transfer to a jar, seal and refrigerate for up to 5 days. Serve drizzled over salads, fish, chicken or meatballs.

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