

# Fat-Burning Salad Dressing

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving, 2 tbsp/ 30 ml):** Total carbs: 0.9 g, Fiber: 0.2 g,

**Net carbs: 0.8 g,** Protein: 0.4 g, Fat: 21.3 g, Calories: 192 kcal,

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



## Ingredients (makes 6 servings, about 3/4 cup)

1/4 cup [paleo mayonnaise](#) (55 g / 1.9 oz) - *you can [make your own](#)*

1 tbsp [Dijon mustard](#) (15 ml)

1/4 cup [extra virgin olive oil](#) (60 ml)

2 tbsp [MCT oil](#) (30 ml)

2 cloves garlic, minced

2 tbsp fresh lemon juice (30 ml)

2 tbsp chopped herbs of choice (parsley, oregano, basil, chives, etc.)

sea salt and pepper, to taste

## Instructions

1. Peel and crush the garlic. Put the mayo, lemon juice, garlic, mustard, olive oil and MCT oil in a jar. Season with salt and pepper to taste.
2. Add finely chopped herbs (I used parsley).
3. Cover with a lid and shake until well combined. Store in the fridge for up to a week. Shake well before drizzling over salads.

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