

Green Keto Crab Salad

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 12.4 g, Fiber: 8.3 g, **Net carbs: 4 g**,

Protein: 24.5 g, Fat: 45.9 g, Calories: 540 kcal,

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



Ingredients (makes 1 serving)

8-10 asparagus tips (60 g/ 2.1 oz)

1 cup crabmeat, drained (100 g/ 3.5 oz)

2 cups watercress *or* arugula (50 g/ 1.8 oz)

1/2 large avocado (100 g/ 3.5 oz)

1 tbsp [extra virgin olive oil](#) (15 ml)

2 tbsp [Keto Green Goddess Dressing](#) (30 ml)

salt and pepper, to taste

Instructions

1. Place the asparagus in a steamer and cook for 2 minutes until tender. Cut at an angle into 3 cm/ 1.2 oz lengths. Slice the avocado.
2. Place the rocket or watercress in a bowl with the avocado and asparagus. Toss with 1 tbsp of green goddess dressing and 1 tbsp of olive oil. Mix the crabmeat with the remaining 1 tbsp of green goddess dressing.
3. Season to taste. Top the crab onto of the salad ingredients and serve. Tastes the best when served fresh.

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