

Healthy Keto Salmon Paté

Hands-on 5 minutes Overall 30 minutes

Nutritional values (per serving, 1/4 cup / 2 oz): Total carbs: 2 g, Fiber: 0.6 g,

Net carbs: 1.4 g, Protein: 6.7 g, Fat: 12.4 g, Calories: 139 kcal,

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



with breadsticks, tortilla chips or Cheesy Spinach Crackers.

Ingredients (makes 6-10 servings, ~ 2 1/2 cups)

- 2 small salmon fillets (240 g/ 8.5 oz)
- 1 tbsp ghee (you can make your own)
- 1 small red onion (60 g/ 2.1 oz)
- 1/2 cup pecans or walnuts (50 g/ 1.8 oz)
- 2 tbsp mayonnaise (30 g/ 1.1 oz) - you can make your own
- 1/2 cup cream cheese (120 g/ 4.2 oz)
- 2 tbsp fresh lemon juice
- 2 cloves garlic
- 3 tbsp freshly chopped parsley
- 1/2 tsp salt (I like pink Himalayan)
- freshly ground black pepper

This recipe serves 6 as a started or 10 as a dip. When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Preheat the oven to 200 F / 400 F. Place the salmon filets on a baking tray lined with parchment paper. Drizzle with ghee and transfer into the oven for 20-25 minutes. When done, remove from the oven and let it cool down. Then, peel and discard the skin.
2. Peel and slice the garlic and dice the onion. Place the cooked salmon and garlic into a food processor and pulse until smooth. *To keep the paté chunky, I added the onion and pecans after the garlic & salmon were blended.*
3. Add the onion, pecan nuts, mayonnaise,...
4. ... cream cheese, lemon juice, salt and pepper.
5. Pulse for a few seconds until desired consistency is reached.
6. Spoon the paté into a bowl and add freshly chopped parsley. Mix until well combined. Serve immediately and cover with a wrap and store in the fridge for up to 5 days. Serve on top of low-carb bread,

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