

# Keto Broccoli Stem Bacon Slaw

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per serving):** Total carbs: 6.8 g, Fiber: 1.2 g, **Net carbs: 5.6 g,**

Protein: 8.6 g, Fat: 24.4 g, Calories: 268 kcal,

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



## Ingredients (makes 6 servings)

### Slaw:

- 4 large peeled broccoli stems (400 g/ 14.1 oz)
- 1 1/4 cups broccoli florets (114 g/ 4 oz)
- 6 slices quality bacon (180 g/ 6.4 oz)
- 1/2 cup crumbled [walnuts](#) (58 g/ 2 oz)
- 1/2 of the prepared buttermilk dressing, about 1/2 cup + 1 tbsp (recipe below)

### Buttermilk dressing:

- 1/2 cup whole buttermilk (120 ml/ 4 fl oz)
- 1/2 cup [paleo mayonnaise](#) (110 g/ 3.9 oz) - *you can [make your own mayo](#)*
- 1 garlic clove, minced
- 1 tsp fresh lemon juice
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 tsp white wine vinegar
- salt and pepper, to taste

*Note: You can use sour cream instead of full-fat buttermilk (the effect on the carb count per serving will be insignificant).*

## Instructions

1. Prepare all the ingredients. Chop bacon into strips.
2. Fry over a medium high heat. Finely chop the garlic and add it to the bacon while cooking.
3. Meanwhile, peel the broccoli stems and cut them finely. I used the julienne setting on my mandolin, but you could slice them very thinly or julienne them yourself if you have better knife skills than me.
4. Cut the florets into very small pieces and place in a large bowl with the broccoli stems. *Note: If you don't like raw broccoli florets, lightly steam or boil the florets for 2-3 minutes. When cooked, place in ice*

*water and drain.*

5. Add the bacon while still warm, including bacon fats. Add roughly chopped walnuts, reserving a small handful to garnish. Toss all of the salad ingredients together and then leave to sit while you make dressing.
6. Place all of the buttermilk dressing ingredients into a small mixing bowl. Whisk together until well combined and pour into a serving bottle.
7. Pour over the salad and toss to combine. Note that this makes enough dressing for a couple of salads, so don't pour all of it on to this one salad.
8. Store salad, covered, in refrigerator for up to three days.
9. Store buttermilk dressing in jar in the refrigerator for up to five days.

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