

Healthy Chicken, Bacon & Spinach Salad

Hands-on 5 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 4.8 g, Fiber: 1.6 g, **Net carbs: 3.3 g,**

Protein: 35.3 g, Fat: 43.7 g, Calories: 553 kcal,

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



Ingredients (makes 4 servings)

- 2 large chicken breasts (500 g/ 1.1 lb)
- 4-5 slices bacon (125 g/ 4.4 oz)
- 2 tbsp [extra virgin olive oil](#) (30 ml)
- 1 pack fresh spinach (150 g/ 5.3 oz)
- 1 garlic clove, minced
- 3-4 pieces sun-dried tomatoes (15 g/ 0.5 oz)
- 1 cup sliced mushrooms (70 g/ 2.5 oz)
- small bunch of fresh basil
- 1 cup [Keto Ranch Dressing](#) (or use dairy-free [Paleo Ranch Dressing](#))

Instructions

1. Cut the chicken and bacon into bite sized pieces. Finely dice the garlic.
2. Heat the olive oil in a frying pan and brown the chicken in batches, along with the garlic. Place chicken in a bowl and then cook bacon.
3. Place the chicken and the bacon in a large bowl. Add sliced raw mushrooms.
4. Add shredded basil and one handful of spinach, sliced finely. Mix together until the spinach wilts.
5. Place the remainder of the spinach in a serving bowl and spoon the chicken mix over the top.
6. Sprinkle the sun-dried tomato on top of it and serve with [Keto Ranch Dressing](#).
7. Store in the refrigerator, covered for 2 days.

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