

# Keto Loaded Egg Salad

Hands-on 5 minutes Overall 10 minutes

**Nutritional values (per serving):** Total carbs: 2.6 g, Fiber: 0.7 g, **Net carbs: 1.9 g,**

Protein: 21.4 g, Fat: 30.1 g, Calories: 368 kcal,

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



## Ingredients (makes 6 servings)

- 12 large hard-boiled eggs, chopped
- 2 spring onions, minced (30 g/ 1.1 oz)
- 1 cup halved cherry tomatoes (150 g/ 5.3 oz)
- 1/2 cup shredded cheddar cheese (57 g/ 2 oz)
- 225 g bacon, cooked and crumbled (8 oz) - *about 120 g/ 4.2 oz cooked*
- 1/2 cup [mayonnaise](#) (110 g/ 3.9 oz)
- 2 tbsp mustard (30 g/ 1.1 oz)
- salt and pepper, to taste
- Optional: serve with crispy green lettuce leaves or as filling between 2 slices of [Keto Bread](#)*

## Instructions

1. Place all of the chopped eggs into a bowl.
2. Add the spring onion, tomatoes and grated cheese.
3. Add the mayonnaise, bacon and mustard.
4. Season with salt and pepper to taste. Mix to combine well.
5. Serve on top of crispy green lettuce leaves. Store in an airtight container in the refrigerator for up to 5 days.

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