

# Healthy Poppy Seed Salad Dressing

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving, 2 tbsp/ 30 ml):** Total carbs: 0.6 g, Fiber: 0.2 g,

**Net carbs: 0.4 g**, Protein: 0.4 g, Fat: 17.6 g, Calories: 160 kcal,

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



## Ingredients (makes about 1 cup)

3/4 cup [paleo mayonnaise](#) (165 g/ 5.8 oz) - *you can [make your own mayo](#)*

2 tbsp [confectioners Swerve](#) or [Erythritol](#) (20 g/ 0.7 oz)

2 tbsp apple cider vinegar or lemon juice (30 ml)

1 tbsp poppy seeds (9 g/ 0.3 g)

1/2 tsp sea salt

## Instructions

1. Mix together all ingredients in a small jar. Store in the refrigerator for up to one week.

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