

# Keto Salmon & Cream Cheese Mug Muffin

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 9.5 g, Fiber: 6.5 g, **Net carbs: 3 g,**

Protein: 17.2 g, Fat: 32.3 g, Calories: 374 kcal,

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



## Ingredients (makes 2 servings)

### Basic savoury mug muffin mix:

1/4 cup [almond flour](#) (25 g / 0.9 oz)

1/4 cup [flaxmeal](#) (38 g / 1.3 oz)

1/4 tsp [baking soda](#)

1 large egg, free-range or organic

2 tbsp cream *or* [coconut milk](#)

2 tbsp water

pinch salt (I like [pink Himalayan](#))

### Add:

60 g smoked salmon (2.1 oz)

2 tbsp freshly chopped chives *or* spring onion

serve with 2 dollops full-fat cream cheese *or* sour cream (60 g / 2.1 oz)

*If you need to make this recipe nut-free, use more [flaxmeal](#) (same amount) *or* [coconut flour](#) (half the amount). When using ingredients, always go by their weight, especially in case of baked goods.*

*Measures such as cups may vary depending on a product / brand.*

*When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).*

## Instructions

1. Place all the dry ingredients in a small bowl and combine well.
2. Add the egg, cream, water and mix well using a fork.
3. Slice the smoked salmon and finely chop the chives. Add to the mixture and combine well.
4. Microwave on high for 60-90 seconds. When done, top with a dollop of cream cheese and enjoy! *Tips for cooking in the oven: If you don't have a microwave, I suggest you make 4-8 servings at once. Preheat the oven to 175 °C/ 350 °F and cook for about 12-15 minutes or until cooked in the centre.*

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)