

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)

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!

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