

Keto Vegan Kelp Noodle Salad

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 12.6 g, Fiber: 4 g, **Net carbs: 8.5 g**, Protein: 7 g,

Fat: 17.7 g, Calories: 240 kcal,

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



Ingredients (makes 4 servings)

Salad:

- 1 pack [kelp noodles](#) (340 g/ 12 oz)
- 2-3 green onions, thinly sliced (15 g/ 0.5 oz)
- 1 small cucumber, julienned (100 g/ 3.5 oz)
- 1/4 cup grated carrots (24 g/ 0.9 oz)
- 1/2 cup cashews, crushed (68 g/ 2.4 oz)
- handful of cilantro, minced (15 g/ 0.5 oz)

Almond Satay Dressing:

- 1/4 cup [almond butter](#) (63 g/ 2.3 oz)
- 2 tbsp lime juice (30 ml)
- 1 tbsp tamari *or* [coconut aminos](#) (15 ml)
- 1 tbsp [Swerve](#) (10 g/ 0.4 oz)
- 1 garlic clove, minced
- 1 tsp grated fresh ginger root
- 1 tsp sesame oil
- 1 tsp chili oil (*ideally chili infused [extra virgin olive oil](#)*)
- pinch red pepper flakes
- pinch sea salt

Instructions

1. Combine the salad ingredients in a large bowl.
2. In a small jar combine all dressing ingredients, seal and shake to combine. Pour the dressing over the salad and toss to combine. Serve. Store in an airtight container chilled for up to 3 days.

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