

# Low-Carb Chicken Pecan Salad

Hands-on 10 minutes Overall 10 minutes

**Nutritional values (per serving):** Total carbs: 6.2 g, Fiber: 3.2 g, **Net carbs: 3 g**,

Protein: 36.2 g, Fat: 42.2 g, Calories: 542 kcal,

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



## Ingredients (makes 4 servings)

- 450 g cooked chicken breasts, chopped (1 lb)
- 1/4 cup minced parsley (15 g/ 0.5 oz)
- 3/4 cup chopped [pecans](#) (85 g/ 3 oz)
- 1/2 small red onion, chopped (30 g/ 1.1 oz)
- 1 stalk celery, chopped (40 g/ 1.4 oz)
- 1/2 cup [paleo mayonnaise](#) (110 g/ 3.9 oz) - *you can [make your own mayo](#)*
- 1 tbsp lemon juice (15 ml)
- 1 tbsp wholegrain mustard (18 g/ 0.6 oz)
- 1 tsp sea salt, or to taste
- 1/2 tsp black pepper
- 1 head green lettuce such as butter, little gem or romaine lettuce (200 g/ 7 oz)

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## Instructions

1. In a medium bowl combine the chopped chicken, parsley, onion, pecans, celery, salt, and pepper.
2. In a small bowl mix together the mayonnaise, lemon juice, and mustard.
3. Add the dressing to the chicken and toss to combine.
4. Divide the chicken salad between the lettuce cups and serve.  
Chicken salad will keep in the refrigerator for up to 5 days. Be sure to store the lettuce leaves separately and always top with the salad just before serving.

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