

# Low-Carb "Potato" Salad

Hands-on 15-20 minutes Overall 30 minutes

**Nutritional values (per serving):** Total carbs: 10.8 g, Fiber: 2.8 g, **Net carbs: 8.1 g**,

Protein: 6.5 g, Fat: 21.1 g, Calories: 255 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 8 servings)

### Spices for boiling vegetables:

- 1 tbsp apple cider vinegar
- 1 tsp black peppercorns
- 2 bay leaves
- 1/2 tsp sea salt

### Salad & dressing:

- 1 medium rutabaga / swede (500 g / 17.6 oz)
- 1 medium turnip (200 g / 7.1 oz)
- 1/2 medium celeriac (150 g / 5.3 oz)
- 4-6 pickled cucumbers (120 g / 4.2 oz)
- 6 large eggs, free-range or organic
- 1 small white onion (70 g / 2.5 oz)
- 1 large celery stalk, sliced (60 g / 2.1 oz)
- 3/4 cup mayonnaise - you can make your own (165 g / 5.8 oz)
- 1 tsp Dijon mustard (you can make your own)
- 2 tbsp pickle juice *or* 2 tbsp apple cider vinegar
- 1 tsp celery seeds
- 2 tbsp each freshly chopped parsley and chives
- 1/2 tsp sea salt or to taste
- freshly ground black pepper

## Instructions

1. Start by cooking the eggs. Fill a small saucepan with water up to three quarters. Add a good pinch of salt. This will prevent the eggs from cracking. Bring to a boil. Using a spoon or hand, dip each egg in and out of the boiling water - be careful not to get burnt. This will prevent the egg from cracking as the temperature change won't be so dramatic. To get the eggs hard-boiled, you need round 10 minutes. This timing works for large eggs. When done, remove

from the heat and place in a bowl filled with cold water. I like and always use this egg timer!

2. Peel the rutabaga, celeriac and turnip.
3. Dice into 1/2-1 inch pieces. You may want to cut the rutabaga into smaller pieces as it takes longer to cook than turnips and celeriac. Place in a pot filled with water and add the vinegar, ...
4. ... whole peppercorns, salt and bay leaves.
5. Bring to a boil over a high heat. Then, reduce the heat to medium and simmer until the rutabaga is tender for 10-15 minutes (time depends on the size of the pieces). Once cooked, take off the heat and pour through a colander. Discard the spices. Set aside to cool down and then place in a mixing bowl.
6. Peel and finely chop the onion and dice the pickles. Add the onion and pickled to the mixing bowl with the cooked vegetables.
7. When the eggs are chilled, peel off the shells. To do it, simply roll the eggs against a chopping board until the shell cracks. Remove the top part of the shell. Then, insert a spoon and run it under the shell until it falls off. This way you will avoid the egg white from sticking to the shell and breaking off.
8. Chop the eggs into small pieces and place in the bowl with the vegetables. Add the pickle juice (or vinegar) and mix until well combined.
9. Add the mayonnaise, Dijon mustard, ...
10. ... sliced celery stalks, freshly chopped herbs and the celery seeds. Mix until well combined and season with salt and pepper to taste. For best results refrigerate and serve the next day. All the spices, herbs and vegetables will blend together and make the flavour more intense.
11. Store in the fridge for up to 5 days. Serve on its own or as a side with fish or meat.

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