

# Low-Carb Shrimp Cobb Salad Jars

Hands-on 15 minutes Overall 15 minutes

**Nutritional values (per serving):** Total carbs: 18.5 g, Fiber: 10.2 g, **Net carbs: 8.3 g**,

Protein: 37.3 g, Fat: 51.8 g, Calories: 671 kcal,

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



## Ingredients (makes 2 servings)

### Cobb salad:

- 8-10 large cooked shrimp/prawns (170 g/ 6 oz)
- 2 hard-boiled eggs, quartered (100 g/ 3.5 oz)
- 4 slices cooked bacon, chopped (64 g/ 2.3 oz)
- 1/2 cup cherry tomatoes, halved (75 g/ 2.6 oz)
- 1/2 small red onion, sliced (30 g/ 1.1 oz)
- 1/2 cup diced cucumber (65 g/ 2.3 oz)
- 1 head Romaine lettuce (200 g/ 7.1 oz)
- 1 large avocado, diced (200 g/ 7.1 oz)

### Cilantro dressing:

- 1/4 cup [extra virgin olive oil](#) (60 ml/ 2 fl oz)
- 2 tbsp lime juice (30 ml)
- 1/4 cup chopped cilantro *or* parsley
- 1 clove garlic, minced
- 1/2 tsp ground cumin
- 1/2 tsp onion powder
- 1/4 tsp sea salt

## Instructions

1. Chop the vegetables. Prepare the dressing by mixing all of the ingredients. If you prefer your dressing super smooth, use a blender and process until smooth.
2. Cook the eggs and crisp up the bacon. To see how you can do that, check the intro.
3. Assemble the jars in this order from bottom to top: dressing, avocado, lettuce, cucumber, red onion, tomato, shrimp, bacon and egg. Season with salt and pepper on top. We used 1-quart/L, wide-mouth jars because they work best as they are easy to eat from.
4. Store in the refrigerator until ready to eat, no longer than for up to 2

days. Before eating simply give the jar a shake to distribute the dressing. If you prefer to, empty the salad on a plate — as you flip it, the dressing will spread evenly.

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