

Mixed Leaf Salad with Sugar-Free Raspberry Vinaigrette

Hands-on 5 minutes Overall 10 minutes

Nutritional values (per serving, about 2 cups): Total carbs: 4.8 g, Fiber: 1.3 g,

Net carbs: 3.5 g, Protein: 1.3 g, Fat: 10.4 g, Calories: 114 kcal,

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



Ingredients (makes 4 servings)

Salad:

- 1/2 small red onion, sliced (30 g/ 1.1 oz)
- 2 cups baby spinach leaves (60 g/ 2.1 oz)
- 2 cups rocket (arugula) leaves (20 g/ 0.7 oz)
- 1 small head radicchio (100 g/ 3.5 oz)
- 1/4 cup pomegranate seeds, fresh or frozen (22 g/ 0.8 oz)

Raspberry vinaigrette:

- 8-10 raspberries, fresh or frozen and defrosted (20 g/ 0.7 oz)
- 3 tbsp [extra virgin olive oil](#) (45 ml)
- 2 tsp balsamic vinegar
- 1 clove garlic, crushed
- 1/2 tsp [Dijon mustard](#)
- sea salt and pepper, to taste

Instructions

1. Thinly slice the red onion. Separate the radicchio leaves and then place spinach, rocket and radicchio leaves in a serving bowl and toss.
2. Add red onion slices and then scatter pomegranate seeds over the top.
3. Place all of the vinaigrette ingredients (raspberries, olive oil, balsamic vinegar, garlic, Dijon mustard, salt and pepper) into a bullet blender or other high-powered blender and blitz until smooth. (You could strain it if you wanted to, but I didn't have any problems with seeds from the raspberries.)
4. Drizzle the delicious dressing over the salad and dig in.
5. Store salad covered in the refrigerator for up to 2 days. Store the dressing in a lidded jar for up to 5 days.

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