

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

- Thinly slice the red onion. Separate the radicchio leaves and then place spinach, rocket and radicchio leaves in a serving bowl and toss.
- Add red onion slices and then scatter pomegranate seeds over the top.
- 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.)
- Drizzle the delicious dressing over the salad and dig in.
- 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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