

Salmon BLT Keto Sandwich

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 14.5 g, Fiber: 8.7 g, **Net carbs: 5.8 g,**

Protein: 43.8 g, Fat: 64.3 g, Calories: 789 kcal,

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



Ingredients (makes 1 serving)

1 [Ultimate Keto Bun](#) - *see other suggestions below*

1 small salmon fillet (115 g/ 4 oz)

1 tbsp avocado oil, olive oil or [ghee](#) (15 ml)

2 slices bacon (60 g/ 2.1 oz)

2 leaves lettuce (10 g/ 0.4 oz)

1 slice tomato (27 g/ 1 oz)

1 slice red onion (8 g/ 0.3 oz)

1 tbsp [mayonnaise](#) (15 g/ 0.5 oz) - *you can [make your own mayo](#)*

Note: Instead of keto buns, you can make a regular [Keto Bread Loaf](#) and slice to make a sandwich (flax-free and nut-free option included), or [Nut-Free Keto Buns](#) if you can't eat nuts.

Instructions

1. Preheat grill pan or skillet to high heat. Season the salmon with salt and pepper. Add the oil to the skillet then crisp up the bacon.
2. Sear the salmon skin side down for 5 minutes until it easily releases from the pan. Flip and cook 2 more minutes. Remove and set aside.
3. To assemble, slice the bun in half and layer in the lettuce, salmon, onion, tomato, bacon, and mayonnaise.
4. Serve immediately.
5. The sandwich is best eaten fresh but can be stored in a lunchbox in the fridge for up to a day. The buns can be stored at room temperature for up to 3 days, or frozen in a freezer bag for up to 3 months.

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