

KETO BROCCOLI SALAD | LOADED KETO SALAD RECIPE

PREP TIME: 15 MINUTES RESTING TIME: 10 MINUTES
TOTAL TIME: 25 MINUTES SERVINGS: 4 CALORIES: 498KCAL

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Calories: 498kcal | Carbohydrates: 13g | Protein: 17g | Fat: 44g | Fiber: 4g |
Sugar: 4g



INGREDIENTS

- 6 slices [Bacon](#) (omit for vegetarian)
- 4 cups Broccoli Florets raw, diced into 1/4 inch pieces
- * • 1/2 cup [Red Onion](#) diced
- 1/3 cup [Walnuts](#) chopped
- 1 cup Shredded Cheddar Cheese
- 1/4 cup [Sunflower Seeds](#)

FOR THE DRESSING

- 1/4 cup Sour Cream
- 1/4 cup Mayo
- 2 tablespoons [Apple Cider Vinegar](#)
- * • 1 packet [Splenda](#) or other sweetener

INSTRUCTIONS

1. Cook bacon until crisp and then crumble. Reserve aside 1 tablespoon of bacon fat and save the rest for another use.
2. In a [small bowl](#), mix together sour cream, mayo, apple cider vinegar, bacon fat, and Splenda.
3. In a [large serving bowl](#), toss together the broccoli, cheese, onion, walnuts, bacon, and sunflower seeds.
4. Pour in the dressing and toss to mix. Allow the salad to rest for 10-15 minutes before serving.

Keto Broccoli Salad Tips And Tricks

- Omit bacon for a tasty, [vegetarian keto](#) salad.
- Buy the broccoli either **pre-cut** or from the salad bar to save yourself some time.
- You can use **any type of seeds** instead of the sunflower seeds.
- A little **blue cheese** thrown into this salad makes it quite delightful.
- **Cover tightly** to save the salad for a few days, so that you can better contain the smell of red onions in your fridge.
- Try this recipe with **cauliflower florets**.
- Add some [cooked chicken](#) or [ham](#) into this salad to make it a full meal.

Keto Broccoli Salad | Loaded Keto Salad Recipe <https://twosleever.com/loaded-keto-broccoli-salad/>

* I delete red onion & sweetener