

Keto Avocado Egg Salad



This Keto Avocado Egg Salad is a refreshing and creamy twist on the traditional egg salad. Mashed ripe avocados and diced hard-boiled eggs combine to create a satisfying and nutrient-dense meal, perfect for those on a ketogenic diet. The addition of mustard gives it a tangy kick, making it a versatile dish that can be enjoyed alone or as a filling for low-carb wraps or lettuce cups.

Ingredients for 2 serving (US/Metric)

- 409g / 14.4oz **Boiled Egg**
- 3.5 *pieces* **Avocado**
- 2 *tbsp* **Dijon Mustard**
- **Salt & pepper** to taste

Nutrition (US/Metric)

- **Protein:** 17%
- **Fat:** 78%
- **Net carbs:** 6%

Instructions

- In a large bowl, combine diced eggs and mashed avocados.
- Add mustard, salt, and pepper and mix well.
- Chill for at least 1 hour before serving.