

Keto Salmon (canned) Salad



This low-carb Salmon Salad is a refreshingly hearty lunch meal/Tiffin with the goodness of leafy greens, healthy fats from canned salmon, creaminess of mayo, & protein from the egg.

Ingredients for 2 serving (US/Metric)

- 313g / 11oz **Canned Salmon**
- 8.5 *tbsp* **Mayonnaise**
- 89g / 3.1oz **Dill Pickles**
- 0.5 *cup* **Onions**
- 3 *cup* **Spinach**
- 1 *tbsp* **Olive oil**
- 145g / 5.1oz **Boiled Egg**
- **Apple Cider Vinegar**

Nutrition (US/Metric)

- **Protein:** 24%
- **Fat:** 74%
- **Net carbs:** 3%

Instructions

1. Toss the healthy greens with light olive oil drizzle, vinegar, & salt in a serving bowl.
2. Next, mix the canned salmon with mayonnaise, followed by the diced pickle & onion. Place on top of the greens!
3. Hard-boil an egg, cut in half, and place on the side seasoned with salt & pepper.
4. Enjoy cold.