



Categories: Keto. Low Carb. Dairy Free.

Holiday Mixed Greens and Bacon Salad

Yield: 6 servings

Prep time: 15

Total time: 15

Ingredients

Mixed Greens | 5 Cups

Slivered Almonds | 2 TBS

Crumbled Nitrate Free Bacon | ¼ cup

Red Onion, sliced thin | ¼ cup (can use almonds or pine nuts)

Cucumber | 1 peeled and thinly sliced

Ingredients for Dressing

Dijon Mustard | ¼ cup

Apple Cider Vinegar | ¼ cup

Sea Salt | 1 tsp

Pepper | ¼ tsp

Olive Oil | ¼ cup

Directions

Combine dressing ingredients in a jar, cover and shake vigorously to combine.

In a large bowl combine mixed greens, almonds, bacon, red onions, cucumbers. Just before serving add dressing to taste and toss to combine. Serve immediately after tossing with dressing.

Macronutrient Breakdown per serving

Calories 210.3 | Fat 19.3 g | Total Carbohydrates 7.1 g | Dietary Fiber 3.2 g |

Net Carbohydrates 3.9 g | Protein 3.7 g