



## KETO BROCCOLI SALAD RECIPE

I worked in a Deli for a couple of years as a teenager, and one of my favorite side dishes we made there for the cold case was a Broccoli Salad. It always shocked me how much sugar we would put in the Mayo, yet people often thought of it as a healthy option. There was probably more sugar in that stuff than in a slice of cake. It sure did taste great though!

I figured with all of the available low-glycemic sweeteners on the market today that there would be a way to make a Keto-friendly version of this if I just omitted the raisins and substituted the nuts and sugar for their Keto counterparts. Since we made that salad at the Deli with Cashews, I wanted a lower carb nut than that (there's enough carbs in the Broccoli after all) but I didn't want a strong woody nut like a Walnut in the salad. I settled on using Macadamia Nuts, but you could also choose to use slivered almonds, or splurge for the Cashews too if you want instead.

You will also note that I also swapped out the traditional Mayo for an Avocado Mayo, and that is because the oils and other ingredients used in the Chosen Foods Avocado Mayo is Keto-friendly, unlike your normal Kraft Mayo that contains some ingredients that most Ketoers shy away from. If you are worried that this somehow makes the salad taste like an avocado, don't worry. The Avocado Oil used in the Mayo is just made from the Avocado Seed and not from the green fleshy part of the plant.

For substituting the sugar, this was an easy choice, as I have recently become very fond of Erythritol-based sugar substitutes and in particular Lakanto Monkfruit Sweetener, which is mainly Erythritol. This one just doesn't seem to have any aftertaste for me, though it can be a little bit pricey at times. If you prefer to use

something else, like Swerve or Pyure feel free as well. You wouldn't have to run out and buy a totally different sweetener just for the sake of making this Broccoli Salad.



### KETO BROCCOLI SALAD RECIPE

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 30g	<b>38%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ease of Preparation:** Easy

**Prep Time:** 15 Minutes

**Cooking Time:** None

**Total Time:** 15 Minutes

**Ingredients:**

- 24 Ounce Raw Broccoli Florets
- 1 Cup Bacon (Chopped)
- 1/4 Large Red Onion (Chopped)
- 1 Cup Chosen Foods Avocado Mayo (or similar)
- 1 Cup Macadamia Nuts
- 1/4 Cup Lakanto Monkfruit Sweetener
- 1 TBSP Bragg Organic Apple Cider Vinegar

**Instructions:**

1. Separate the Broccoli Florets into as small of pieces as possible and place in a Large Mixing Bowl.
2. Place Macadamia Nuts into a Ziploc Bag and crush with a mallet, or place in a food processor to grind briefly.
3. In a Small Mixing Bowl combine Chosen Foods Avocado Mayo with Bragg Organic Apple Cider Vinegar and Lakanto Monkfruit Sweetener and stir for a couple minutes. Some of the sweetener will dissolve, but not all of it right away, and that is okay as long as you have it stirred very well.
4. Sprinkle the Bacon, Red Onion, and Macadamia Nuts onto the Broccoli, and scoop in the Mayo Mixture.
5. Fold the ingredients together for a couple minutes, being careful not to be too rough with the Broccoli.
6. You can either serve right away if you prefer your Broccoli Salad to be crisp and crunchy, or you can cover in plastic wrap or place into an airtight container and store in the refrigerator over night and serve the next day. This should keep well in the refrigerator for at least 2 days this way.