



Keto Egg, Avocado & Sprout Salad

Active Time: 15 minutes | Total Time: 15 minutes | Serves: 2

Nutrition Information Per Serving

366.9 calories, 12.4 g carbohydrate, 7.58 g fiber, 4.82 g NET carbs, 16.07 g protein, 29.92 g fat

Ingredients

- 4 large(s) pastured eggs
- 2 cup(s) organic alfalfa sprouts
- 2 tsp(s) organic extra virgin olive oil
- 1/4 tsp(s) freshly ground black pepper
- 1/4 tsp(s) sea salt
- 1 medium organic avocado
- 2 slice(s) organic red onion
- 1 Tbsp organic balsamic vinegar

Preparation

1. Add 6 cups of water to a medium pot and bring to a boil.
2. Add eggs, boil up to 10 minutes (for hard boiled).
3. Remove from heat, allow to cool.
4. Slice avocado and peel and quarter eggs.
5. In a small ramekin, mix oil, vinegar, salt and pepper.
6. Place clean sprouts on serving dishes. Top with onion, avocado, eggs and sunflower seeds.
7. Drizzle with dressing.
8. Serve.

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