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Keto Broccoli Salad

by [LENA ABRAHAM](#) UPDATED: MAY 10, 2022**YIELDS:**

4 serving(s)

PREP TIME:

15 mins

TOTAL TIME:

35 mins

CAL/SERV:

428

Ingredients

FOR THE SALAD

Kosher salt

3 heads broccoli, cut into bite-size pieces

1/2 c. cheddar, shredded

1/4 red onion, thinly sliced

1/4 c. toasted sliced almonds

3 slices bacon, cooked and crumbled

2 **tbsp.** freshly chopped chives

FOR THE DRESSING

2/3 c. mayonnaise

3 **tbsp.** apple cider vinegar1 **tbsp.** dijon mustard

Kosher salt

Freshly ground black pepper

Directions

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Step 1

In a medium pot or saucepan, bring 6 cups of salted water to a boil. While waiting for the water to boil, prepare a large bowl with ice water.

Step 2

Add broccoli florets to the boiling water and cook until tender, 1 minute. Remove with a slotted spoon and immediately place in the prepared bowl of ice water. When cool, spin the broccoli in a salad spinner. You will need to spin it at least twice.

Step 3

In a medium bowl, whisk to combine dressing ingredients. Season to taste with salt and pepper.

Step 4

Combine all salad ingredients in a large bowl and pour over dressing. Toss until ingredients are combined and fully coated in dressing. Refrigerate until ready to serve.

Nutrition (per serving): 428 calories, 12 g protein, 11 g carbohydrates, 5 g fiber, 3 g sugar, 39 g fat, 8 g saturated fat, 710 mg sodium