

RECIPE

Keto Mustard Salad Dressing



Ready in **20 minutes**

Serves **2 people**

Nutritional Analysis is based on 2 tablespoons and artificial sweeteners, not the honey

- Calories: 147
- Protein: 2.1g
- Carbs: 3.1g
- Fiber: 1.2g
- Sugar: 0.6g
- Fat: 15.7g
- Saturated Fat: 8g
- Cholesterol: 0mg
- Salt: 1mg
- Vitamin D: 0mcg
- Calcium: 45mg
- Iron: 1mg
- Potassium: 68mg

Ingredients

- 1/4 cup apple cider vinegar
- 1/8 cup extra virgin olive oil
- 1/8 cup [Brain Octane MCT oil](#)
- 3 Tbsp. organic mustard
- 2 Tbsp. xylitol or erythritol

Preparation

1. Combine all ingredients in a jar or large bowl. Shake or whisk to combine.
2. Use immediately, or store covered in the fridge.

Tips

Nutrition information below is based on using xylitol. If you use raw honey, carbs and sugars will be higher.