

## Big Mac Salad

🕒 20 min    🍽️ 4 servings

627 Kcal / serving

28g Protein    54g Fat    8g Carbs

### Ingredients

- Vinegar, 2 tbsp (30 g)
- Onion powder, 0.25 tsp (0.8 g)
- Mustard, 1 teaspoons (6 g)
- Mayo, 0.5 cup (108 g)
- Onion, 0.5 red onion (53 g)
- Tomato, 1 portion (118.4 g)
- Pickles, 2 servings (130 g)
- Ground beef, 1 lb (453.6 g)
- Ghee or olive oil, 1 tbsp (15 g)
- Salt and pepper, 0.5 tsp (3 g)
- Romaine lettuce, 6 cups (282 g)
- Cheese, 1 cup (113 g)
- Tomato paste, 2 tbsp (32 g)
- Garlic powder, 0.25 tsp (0.8 g)
- Dill pickle, 1 small (37 g)



### Instructions

1. Heat a non stick fry pan over medium heat and add ghee. Once the pan is hot add in the beef and break it into small bits.
2. Season beef with salt and pepper. Cook, beef mince stirring occasionally, until browned, about 7-8 minutes. Then remove from heat.
3. While the beef is cooking, make the big mac sauce. Combine all of the remaining ingredients expect the lettuce, onion, pickles, tomatoes, and cheese, into a bowl and mix well with a whisk.
4. Refrigerate while you make the rest of the salad.
5. Now make you salad. Layer the lettuce, onion, pickles, tomatoes, and cheese in 4 separate salad bowls, with a base of greens.

6. Top with the beef mince.
7. Drizzle with sauce and enjoy.
8. Note, you may have extra sauce. If so, it can be kept in the refrigerator for up to 2 weeks.

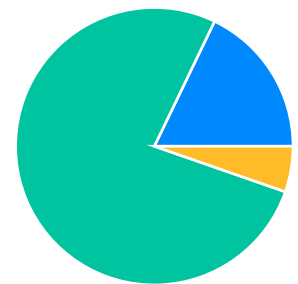
## Comments

Gluten Free, low carb

Swap cheese to lactose free for a dairy free option.

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	2507.8	181.4	627
Protein [g]	111.7	8.1	27.9
Fat [g]	213.8	15.5	53.5
Carbs [g]	33.4	2.4	8.4
Fiber [g]	11.6	0.8	2.9
Net Carbs [g]	21.8	1.6	5.5



Protein Fat Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Calcium, Ca [mg]	893.4	64.6	223.4
Iron, Fe [mg]	14.3	1	3.6
Magnesium, Mg [mg]	188.4	13.6	47.1
Phosphorus, P [mg]	1334.4	96.5	333.6
Potassium, K [mg]	2931.3	212	732.8
Sodium, Na [mg]	4563.2	330.1	1140.8
Zinc, Zn [mg]	23.8	1.7	6
Vitamin A, RAE [ug]	75.1	5.4	18.8
Vitamin E [mg]	8.1	0.6	2
Vitamin D [ug]	1.1	0.1	0.3
Vitamin C [mg]	42.4	3.1	10.6
Thiamin [mg]	0.6	0	0.2

<b>Riboflavin [mg]</b>	1.4	0.1	0.4
<b>Niacin [mg]</b>	22.1	1.6	5.5
<b>Vitamin B6 [mg]</b>	2	0.1	0.5
<b>Vitamin B12 [ug]</b>	12.4	0.9	3.1
<b>Vitamin K [ug]</b>	517.9	37.5	129.5