AMERICAN · LUNCH · DINNER

Burger Salad with Big Mac-Style Sauce

20 min · Serves 2 · 567 kcal a serve · Video 6:15 · Keto Connect

Gluten-free ingredients · Nut-free

A meal-sized burger salad with about 31 g protein and only 5 g net carbs a serve, nearly three-quarters of the energy from fat, and rich in vitamin B12 and zinc from the beef plus vitamin K and folate from the romaine.

Diet notes: Keto (5.2 g net carbs a serve).

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Ingredients 17 · SERVES 2

- ☐ ¼ cup **mayonnaise** (they use avocado-oil mayo)
- ☐ 2 tbsp sugar-free (no-sugar-added) ketchup
- ☐ 2 tsp **pickle juice**
- ☐ 1 tsp **yellow mustard**
- ☐ 1 tsp **distilled white vinegar**
- ☐ ¼ tsp **onion powder** (for the sauce)
- ☐ ¼ tsp **paprika**
- ☐ ½ lb **ground beef**
- ☐ ¼ tsp **onion powder** (for the beef)
- ☐ ¼ tsp **garlic powder**
- ☐ **salt**, to taste
- ☐ **pepper**, to taste
- ☐ 4 cups chopped **romaine lettuce**
- ☐ ½ cup shredded **cheddar cheese**
- ☐ ¼ cup diced **dill pickles**
- ☐ ¼ cup diced **yellow onion**
- ☐ **sesame seeds**, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk, Sesame. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Make the sauce first: whisk the mayonnaise, sugar-free ketchup, pickle juice, mustard, vinegar, onion powder and paprika together and chill it while you cook. 0:38
2. Brown the beef in a frying pan over medium-high heat, breaking it into small crumbles, until no pink remains. Season with salt, pepper, onion powder and garlic powder. 2:19
3. Chop the romaine and dice the onion and pickles. Divide the lettuce between two bowls. 2:55
4. Top each bowl with the warm beef, then the onion and pickles, then the cheddar. Spoon the sauce over (the card suggests 2–3 tbsp each; the nutrition counts all of it), scatter with sesame seeds and toss if you like. 4:00

> **Tip** In the video they brown extra-lean (96%) beef in a little avocado oil, which makes it much leaner; the recipe card simply says ground beef. The sauce is also good on burgers or as a dip for raw vegetables.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
567 kcal	**31 g**	**8.6 g**
2,370 kJ	62% of a day	5.2 g net · 3.4 g sugars
		3% of a day

FIBRE	FAT	SODIUM
3.4 g	**46 g**	**1,050 mg**
12% of a day	14 g saturated	46% of a day
	58% of a day	

Energy from net carbs 4% · protein 22% · fat 74% — fits keto: 5.2 g net carbs, 74% of the energy from fat

High in (20%+ of a day) Omega-3 130% · Vitamin K 127% · Vitamin B12 107% · Zinc 60% · Vitamin A 56% · Selenium 43% · Folate 38% · Vitamin B6 28% · Iron 23% · Calcium 20%

Source of (10–19%) Potassium 14% · Magnesium 13% · Vitamin E 11%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=vFBA0Nihmoc, published 15 July 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/burger-salad-big-mac-style-sauce