

Keto-Friendly Avocado Egg Salad

Creamy keto-friendly avocado egg salad with healthy fats and protein. Perfect for low-carb diets, meal prep, and quick lunches. Ready in 15 minutes!

10 min

PREP

15 min

COOK

25 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Keto-Friendly Avocado Egg Salad

Ingredients

- 4 egg
- 2 avocado
- 2 tbsp mayonnaise
- 1 tsp dijon mustard
- 1 tbsp fresh lemon juice
- 1 tbsp parsley
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the Hard-Boiled Eggs**

Place 4 eggs in a medium saucepan and cover with cold water by 1 inch. Bring to a rolling boil over high heat, then immediately reduce heat to medium-low and simmer for 10 minutes.
- 2** Fill a bowl with ice water. Transfer the hot eggs immediately to the ice bath using a slotted spoon and let cool for 5 minutes to stop the cooking process.
- 3** Crack and peel the cooled eggs, then chop into small bite-sized pieces about ½-inch in size. Set aside in a large mixing bowl.
- 4 Prepare the Avocado Base**

Cut 2 avocados in half, remove the pits, and scoop the flesh into the bowl with the chopped eggs. Mash the avocado with a fork until mostly smooth but still slightly chunky.
- 5 Make the Dressing**

Add 2 tablespoons mayonnaise, 1 teaspoon Dijon mustard, 1 tablespoon lemon juice, and 1 tablespoon olive oil to the avocado and egg mixture. Stir gently until well combined.
- 6** Season with 1 teaspoon salt, 1 teaspoon black pepper, and 1 teaspoon garlic powder. Fold everything together gently to maintain some texture from the eggs and avocado.
- 7** Taste and adjust seasoning with additional salt, pepper, or lemon juice as needed. Serve immediately or refrigerate for up to 2 hours before serving.

Tips

Choose avocados that yield slightly to gentle pressure but aren't overly soft. They should feel heavy for their size and have dark, unblemished skin for the best flavor and texture.

Use eggs that are at least one week old for easier peeling. Fresh eggs are more difficult to peel cleanly, which can result in torn egg whites.

Start your eggs in already-boiling water rather than cold water for more consistent cooking results and easier peeling.

Add extra lemon juice if you plan to store the salad for more than a few hours - the acid helps prevent the avocado from browning and adds bright flavor.

Mash the avocados with a fork rather than a food processor to maintain some texture and prevent the mixture from becoming too smooth or paste-like.

Season gradually and taste as you go - the saltiness of your mayonnaise and mustard can vary significantly between brands.

For meal prep, store the hard-boiled eggs and avocado mixture separately, then combine just before serving to maintain the best texture and color.

Customize the flavor profile with your favorite herbs and spices - smoked paprika, garlic powder, or fresh dill can completely transform the dish.