

Keto Macaroni Salad (2 ways)

♥ lowcarblove.com/blog/keto-macaroni-salad-2-ways

June 22, 2021



Servings: 2

Ingredients:

- 1 cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1/8 teaspoon cayenne pepper
- 1-2 tablespoons sweetener
- 1 cup finely diced celery
- 1 red bell pepper, diced
- 3-4 green onions, chopped
- 1 small jalapeno pepper, seeded and finely diced
- 10 slices of Ham or Turkey
- Pasta or Cauliflower

Directions:

1. In a large bowl, whisk together mayonnaise, vinegar, Dijon mustard, salt, black pepper, cayenne pepper and sugar until smooth.
2. Stir in celery, bell pepper, carrot, onions, and jalapeno. Refrigerate while you prepare the pasta.
3. Cook macaroni according to package directions
4. Add macaroni to mayonnaise and vegetable mixture and toss to coat well.
5. Cut cauliflower into smaller pieces and boil until slightly tender
6. You can divide ingredients to make either pasta or cauliflower or both.
7. Enjoy!

Nutrition:

Nutrition per serving (cauliflower):

- 3g Net Carbs
- 2g Fiber
- 6g Total Carbs
- 9g Protein
- 11g Fat
- 151 Calories

Nutrition per serving (low carb pasta):

- 3g Net Carbs
- 5g Fiber
- 8g Total Carbs
- 10g Protein
- 11g Fat

- 158 Calories

[Print this recipe](#)

More From Low Carb Love

Featured Posts



Jun 25, 2021

[Recipes](#), [Dessert](#)

[Keto Fat Bombs \(4 ways\)](#)

Jun 25, 2021

[Recipes](#), [Dessert](#)

These fat bombs are so delicious! There's 4 different flavors and all of them literally taste so bomb! We have some fruity ones and some chocolate ones!

[Read More →](#)

Jun 25, 2021

[Recipes](#), [Dessert](#)



Jun 24, 2021

[Recipes](#), [Dinner](#), [Lunch](#)

[Keto Veggie Pizza](#)

Jun 24, 2021

[Recipes](#), [Dinner](#), [Lunch](#)

This Detroit style veggie pizza dupe will blow you guys away! This pizza is low carb and Keto friendly and tastes amazing!!

[Read More →](#)

Jun 24, 2021

[Recipes](#), [Dinner](#), [Lunch](#)



Jun 23, 2021

[Recipes](#)

[Keto Strawberry Shortcake](#)

Jun 23, 2021

[Recipes](#)

This is the perfect dessert! It's super simple to make and super refreshing and delicious!

[Read More →](#)

Jun 23, 2021

[Recipes](#)



Jun 22, 2021

[Recipes](#), [Lunch](#), [Appetizers/Sides](#)

[Keto Macaroni Salad \(2 ways\)](#)

Jun 22, 2021

[Recipes](#), [Lunch](#), [Appetizers/Sides](#)

This macaroni salad is perfect for a summer BBQ! There's 2 versions! One with cauliflower and one with a low carb pasta substitute!

[Read More →](#)

Jun 22, 2021

[Recipes](#), [Lunch](#), [Appetizers/Sides](#)



Jun 20, 2021

[Recipes](#), [Appetizers/Sides](#)

[Keto Onion Rings](#)

Jun 20, 2021

[Recipes](#), [Appetizers/Sides](#)

These onion rings are so tasty! You will find a non pork version on my YouTube channel as well! This recipe is super easy and does not require a lot of time! You guys will be obsessed with how crispy and delicious they are!

[Read More →](#)

Jun 20, 2021

[Recipes](#), [Appetizers/Sides](#)