

No Carb Bacon Salmon and Parsley Vinaigrette

.03 net carbs per serving for 4 servings.



LowCarbeDiem.com

- 24 ozs salmon
- 4 bacon slices
- 1/2 c olive oil
- 2 tbsps red wine vinegar
- 1 clove garlic, minced
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 3 tbsps parsley, chopped fine

Preheat grill or oven 450 to 550 F. Cut salmon into 1 1/2 inch pieces. Mince the garlic and chop the parsley. Mix olive oil, vinegar, garlic, parsley, sea salt and pepper in a bowl and set aside.

Cut salmon fillets into 1 to 2 inch squares and place on skewers. Brush the kebabs with olive oil, coating both sides well. Sprinkle with parsley, salt and pepper.

Bake, broil or grill, turning once until fish is cooked, about 4 to 6 minutes.

Cook bacon until crispy, cool on a rack or paper towel, crumble and set aside.

When kebabs are done, arrange on a plate, sprinkle with crumbled bacon and spoon the vinaigrette over the top.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts

Amount Per Serving		
Calories	1896	Calories from Fat: 1314
		% Daily Values*
Total Fat	144g	221%
Saturated Fat	23g	114%
Cholesterol	375mg	125%
Sodium	860mg	36%
Total Carbohydrates	trace	0%
Dietary Fiber	0g	0%
Protein	143g	
Vitamin A		16%
Vitamin C		14%
Calcium		9%
Iron		34%

* Percent Daily Values are based on a 2000 calorie diet.