

Low-Carb Caprese Skewers

Hands-on 10 minutes Overall 15 minutes

Nutritional values (per serving, 3 skewers): Total carbs: 10.2 g, Fiber: 3.1 g,

Net carbs: 7.1 g, Protein: 24.5 g, Fat: 27.4 g, Calories: 384 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 2 cups baby heirloom *or* any cherry tomatoes (300 g/ 10.6 oz)
- 2 cups baby mozzarella cheese balls (180 g/ 6.3 oz)
- 1/2 cup mixed olives, pitted (60 g/ 2.2 oz)
- 2 tbsp red or green pesto (30 g/ 1.1 oz) - [you can make your own pesto](#)
- 2 tbsp fresh basil, or to taste

Instructions

1. Wash the tomatoes and basil. I used green and kalamata marinated in oregano and extra virgin olive oil.
2. Mix the mozzarella with the pesto.
3. Assemble the skewers by piercing the tomatoes, mozzarella and olives. Garnish with fresh basil. Serve immediately or store in the fridge for up to a day.

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