

Authentic Greek Salad

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving, about 2 cups/ 300 g/ 10.6 oz): Total carbs: 11.3 g,

Fiber: 3.3 g, **Net carbs: 8 g**, Protein: 9.3 g, Fat: 27.8 g, Calories: 324 kcal,

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



Ingredients (makes 4 servings)

4-5 medium tomatoes (400 g/ 14.1 oz)

1 large cucumber (300 g/ 10.6 oz)

1 medium green pepper (120 g/ 4.2 oz)

1 small red onion (60 g/ 2.1 oz)

16 olives, ideally kalamata (48 g/ 1.7 oz)

4 tbsp capers *or* more olives (35 g/ 1.2 oz)

1 package feta cheese (200 g/ 7.1 oz)

1 tsp oregano, dried

4 tbsp extra virgin olive oil (60 ml/ 2 fl oz)

Optionally: salt, pepper, fresh oregano for garnish

Instructions

1. Wash and slice the tomatoes.
2. Peel and slice the cucumber.
3. Halve, deseed and slice the green pepper. Peel and slice the red onion.
4. Place everything into a bowl and add the capers, olives, oregano ...
5. Add feta and drizzle with extra virgin olive oil.
6. Serve immediately and enjoy! This salad can be stored in the fridge for up to a day.

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