

# Classic Tricolore Salad

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving):** Total carbs: 17.7 g, Fiber: 9 g, **Net carbs: 8.6 g**,

Protein: 19.2 g, Fat: 50.7 g, Calories: 581 kcal,

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



## Ingredients (makes 2 servings)

- 3-4 medium tomatoes (300 g/ 10.6 oz)
- 1 large avocado (200 g/ 7.1 oz)
- 6-8 olives, kalamata or any other type (18 g/ 0.6 oz)
- 125 g mozzarella di bufala or "regular" mozzarella for salads (4.4 oz)
- 2 tbsp pesto (you can [make your own](#)) (30 g/ 1.1 oz)
- 2 tbsp extra virgin olive oil (30 ml)
- salt, pepper, fresh basil for garnish if desired

## Instructions

1. Wash and slice the tomatoes. Halve, deseed, peel and slice the avocado. Halve and deseed the olives. Place everything in serving bowl.
2. Add pieces of mozzarella, pesto and olive oil. Optionally, season with salt, black pepper and basil to taste. Best served immediately but can be stored in the fridge for up to a day.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)