

Low-Carb Heirloom Tomato Salad Bowl

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving): Total carbs: 8.3 g, Fiber: 2.5 g, **Net carbs: 5.9 g**,

Protein: 3.6 g, Fat: 10.1 g, Calories: 140 kcal,

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



Ingredients (makes 6 side servings)

- 1.35 kg heirloom tomatoes, sliced (3 lb)
- 1/2 cup torn fresh herbs (basil, parsley, dill, mint)
- 1/2 cup crumbled feta cheese (75 g/ 2.7 oz)
- 2 tbsp capers (17 g/ 0.6 oz)
- 3 tbsp [extra virgin olive oil](#) (45 ml)
- 1 tbsp white balsamic vinegar *or* dark balsamic vinegar (15 ml)
- generous pinch flaky sea salt
- black pepper to taste

Note: Avoid the sweet white, flavored balsamic vinegars and dark syrupy balsamic vinegars as they are too high in carbs.

Instructions

1. Wash and then chop the herbs.
2. Slice the tomatoes and arrange on a serving platter or bowl.
3. Add the crumbled feta, capers and chopped herbs. Drizzle with olive oil and vinegar. Sprinkle with flaky salt and pepper. Best served fresh but can be stored covered in the refrigerator for up to 3 days.

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