

Low-Carb Tricolore Burrata Salad

Hands-on 5 minutes Overall 5 minutes



Nutritional values (per serving, 1 bowl): Total carbs: 19.3 g, Fiber: 9.5 g, **Net carbs: 9.9 g**,

Protein: 10.1 g, Fat: 46.6 g, Calories: 515 kcal,

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

Ingredients (makes 2 main or 4 side servings)

450 g tomatoes (1 lb)

1 large avocado (200 g/ 7.1 oz)

2 tbsp [extra virgin olive oil](#) (30 ml)

1 tsp balsamic vinegar

Optional: 1 tsp white or black truffle oil

1 large Burrata ball (150 g/ 5.3 oz)

salt, pepper, fresh basil for garnish

Instructions

1. Wash and slice the tomatoes. Halve the avocado and remove the stone. Peel and slice the avocado.
2. In a small bowl, mix the olive oil and balsamic vinegar (preferably use non aged vinegar as it's lower in carbs). Optionally add a teaspoon of white or black truffle oil.
3. Divide the tomatoes and avocado between 2 serving bowls (or up to 4 if served as a side).
4. Halve the burrata and tear or roughly chop each half and place on top of the vegetables. Add fresh basil and drizzle the oil-vinegar mixture over everything.
5. Season to taste with salt and pepper. Serve immediately or store in the fridge for up to a day.

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