SPANISH · SIDE

# Spanish Tomato Salad with Garlic and Oregano

Ensalada de tomate

10 min · Serves 2 · 157 kcal a serve · Video 5:19 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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Only 6 g net carbs a serve: ripe tomatoes in a garlic, oregano and olive oil dressing, with no sugar. Rich in vitamin C.

**Diet notes:** Keto (5.6 g net carbs a serve).

## Ingredients 7 · SERVES 2

- [ ] 2 large **vine tomatoes**, sliced about 3 mm thick
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] 2 tbsp (30 ml) extra **virgin olive oil**
- [ ] ½ tbsp (8 ml) **sherry vinegar** (or white or red wine vinegar)
- [ ] 1 **garlic** clove, finely grated
- [ ] 1 tsp **dried oregano**
- [ ] a handful of **fresh parsley**, finely chopped

**Allergens found in the listed ingredients:** Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Rinse and dry the tomatoes and slice them about 3 mm thick (no thinner, or they lose their texture). 0:49
2. Lay the slices out in a single layer, season one side with salt and pepper and leave a few minutes to release some juice. 1:06
3. Whisk the olive oil, sherry vinegar, grated garlic, oregano and a little salt and pepper. 1:51
4. Arrange the tomatoes on a plate, drizzle with the dressing and sprinkle with parsley. Chill 30 minutes if you like, so the flavours develop. 2:57

> **Tip** Use the ripest tomatoes you can find; Albert uses vine tomatoes, as is common in Spain.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 2 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 157 kcal | 1.8 g | 8.1 g | 2.5 g | 14 g | 400 mg |
| 660 kJ | 4% of a day | 5.6 g net · 4.8 g sugars | 9% of a day | 1.9 g saturated | 17% of a day |
| | | 3% of a day | | 18% of a day | |

**Energy from** net carbs 14% · protein 5% · fat 81% — fits keto: 5.6 g net carbs, 81% of the energy from fat

**High in** (20%+ of a day) Vitamin K 55% · Vitamin C 32% · Vitamin E 20%

**Source of** (10–19%) Potassium 10% · Vitamin A 10% · Vitamin B6 10%

**Recipe and video:** Spain on a Fork on YouTube — youtube.com/watch?v=JY7Ri6zBY1k. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/ensalada-de-tomate