SPANISH · SIDE

Andalusian Chopped Tomato Salad

Piriñaca andaluza

10 min | Serves 4 | 168 kcal a serve | Video 5:35 · Spain on a Fork

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

Under 8 g net carbs a serve: tomatoes, cucumber, green pepper and spring onion in a sherry vinegar, garlic and olive oil dressing. Nothing cooked and no sugar; for DASH, keep the salt to a pinch a serve.

Diet notes: Keto (7.6 g net carbs a serve); DASH-friendly with less salt: up to a pinch a serve.

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Ingredients 8 · SERVES 4

- [ ] 4 tbsp (¼ cup) extra **virgin olive oil**
- [ ] 1 tbsp (1 tbsp) **sherry vinegar**
- [ ] 1 **garlic** clove, finely grated
- [ ] 4 large **tomatoes**, diced
- [ ] ½ **English cucumber**, finely diced
- [ ] 1 **spring onion**, finely diced
- [ ] 1 **green bell pepper**, finely diced
- [ ] **sea salt** to taste and black pepper

Amounts in US units, converted from the cook's and rounded — the video has the originals.

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. Whisk the olive oil, sherry vinegar and grated garlic in a large bowl with a little salt and pepper. 1:38
2. Dice the tomatoes all to the same size; even pieces are what make this salad. 2:21
3. Finely dice the cucumber (skin on), spring onion and green pepper. 2:41
4. Add everything to the dressing, season with salt and a little pepper and toss gently. Serve at room temperature or chilled. 3:16

> **Tip** It keeps 3–4 days in the fridge and only gets better as the vegetables release their juices into the dressing.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
168 kcal	**2.3** g	**11** g	**3** g	**14** g	**400** mg
700 kJ	5% of a day	7.6 g net · 6.3 g sugars	11% of a day	1.9 g saturated	17% of a day
		4% of a day		18% of a day	

Energy from net carbs 18% · protein 6% · fat 76% — fits keto: 7.6 g net carbs, 76% of the energy from fat

High in (20%+ of a day) Vitamin C 57% · Vitamin K 33% · Vitamin E 20%

Source of (10–19%) Vitamin B6 14% · Potassium 12% · Vitamin A 10%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=v9X3ouE60I8. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/pirinaca-andaluza