SPANISH · SIDE

Ensalada de San Isidro (Madrid Lettuce Salad with Tuna, Olives and Egg)

Ensalada de San Isidro

15 min · Serves 4 · 204 kcal a serve · Video 7:02 · Spain on a Fork

Pescatarian · Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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11 g protein and under 5 g net carbs a serve: crisp romaine with red onion, cherry tomatoes, tuna, green and black olives and hard-boiled egg in a sherry vinegar dressing. No sugar or dairy; the olives and tuna make it salty, so it isn't a DASH pick.

Diet notes: Keto (4.8 g net carbs a serve).

Ingredients 12 · SERVES 4

- [ ] 2 tbsp (30 ml) extra **virgin olive oil**
- [ ] ½ tbsp (8 ml) **sherry vinegar**
- [ ] 1 **garlic** clove, finely grated
- [ ] 1 tbsp finely chopped **fresh parsley**
- [ ] 1 head **romaine lettuce**, cut into 2½ cm pieces
- [ ] ½ **red onion**, thinly sliced
- [ ] 8 **cherry tomatoes**, thinly sliced
- [ ] 1 can (112 g) **tuna** in olive oil, drained
- [ ] 45 g **pimento-stuffed green olives**
- [ ] 45 g **pitted black olives**
- [ ] 2 **hard-boiled eggs**, halved
- [ ] **sea salt** to taste and black pepper

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

Allergens found in the listed ingredients: Fish, Egg, 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, grated garlic and parsley with a little salt and pepper and leave it to stand while you make the salad. 0:56
2. Stack the romaine leaves, roll them up, cut down the middle and then into 2½ cm pieces. Rinse in cold water and spin or pat completely dry. 1:43
3. Spread the lettuce on a platter, then the thinly sliced red onion (separated into rings) and the cherry tomatoes. 2:29
4. Drain the tuna, break it up lightly and scatter it over, then the green and black olives. 3:38
5. Add the halved hard-boiled eggs (boil them in cold water, then leave covered off the heat 11–12 minutes), season and pour over the dressing just before serving. 4:10

Tip Dry the lettuce well, or the dressing slides off and the salad turns watery.

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
204 kcal	11 g	8.9 g	4.1 g	14 g	770 mg
850 kJ	23% of a day	4.8 g net · 3.5 g sugars	15% of a day	2.4 g saturated	34% of a day
		3% of a day		19% of a day	

Energy from net carbs 10% · protein 23% · fat 67% — fits keto: 4.8 g net carbs, 67% of the energy from fat

High in (20%+ of a day) Vitamin K 134% · Vitamin A 68% · Folate 48% · Selenium 43% · Vitamin B12 30%

Source of (10–19%) Vitamin E 17% · Iron 14% · Vitamin C 14% · Omega-3 13% · Vitamin B6 12% · Potassium 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=pwN9IDk_poq. 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/ensalada-de-san-isidro