

## Israeli Salad

### Nutritional Values:

Ratio	4.1	3.1
Protein (g)	0.4	0.4
Carbohydrates g)	2.05	2.05
Calories	100	74

### Ingredients:

Ratio	4.1	3.1
Cucumber	40g	40g
Tomato	15g	15g
Olive Oil (100%)	10g	7g

### Instructions:

1. Chop the cucumber and tomato finely
2. Season with salt and pepper according to taste.
3. Add olive oil

