

Italian Gnocchi Soup aka Zuppa Toscana

Hands-on 20 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 10 g, Fiber: 1.3 g, **Net carbs: 8.7 g,**

Protein: 38 g, Fat: 70.8 g, Calories: 831 kcal,

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



Ingredients (makes 4 servings)

- 1 pound ground spicy Italian sausage (450 g / 15.9 oz)
- 1 small onion, diced (70 g / 2.5 oz)
- 2 cloves garlic, minced
- 4 cups [bone broth](#) (chicken or beef) - you can [use this recipe](#) (1 quart / 1 l)
- 1 red medium pepper, diced (120 g / 4.2 oz)
- 1 cup chopped kale (frozen works when it's not in season) (70 g / 2.4 oz)
- 1 batch [Keto Garlic Gnocchi](#)
- 1/2 cup heavy cream (120 ml / 4 fl oz)
- [sea salt](#) and freshly cracked [black pepper](#)
- optional garnish:* Parmesan cheese, chopped parsley & crumbled bacon

This recipe is enough for 4-6 servings depending on how hungry you are. If you opt for 6 servings, the net carbs per serving will drop to 5.8 grams. One batch of [Keto Garlic Gnocchi](#) makes 2 servings which are used in this recipe to make 4 servings of soup. 1 serving of gnocchi is 6.2 g net carbs, 1/2 serving is 3.1 g net carbs.

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Instructions

1. Heat a large stockpot or dutch oven over medium-high heat. Add sausage, onion and garlic. Cook over until the sausage is completely browned, stirring occasionally and breaking up the sausage with a spoon. Drain out as much of the excess grease as possible.
2. Add in the bone broth and diced red peppers to the pot and bring the mixture to a simmer.
3. Reduce heat to medium-low and add the kale and cook for an additional 5 minutes
4. Add gnocchi & cream and stir to combine.

5. Season to taste with salt and pepper.

6. Garnish and serve warm.

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