

# Creamy Low-Carb Artichoke Soup

Hands-on 15 minutes Overall 45 minutes

**Nutritional values (per serving, about 1 cup/ 240 ml/8 fl oz):** Total carbs: 13.9 g, Fiber: 5.9 g,

**Net carbs: 8 g,** Protein: 6.3 g, Fat: 25.5 g, Calories: 303 kcal,

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



## Ingredients (makes 8 servings)

- 2 cans artichoke hearts, drained (800 g/ 28.2 oz)
- 3 tbsp [ghee](#) or [extra virgin olive oil](#) (45 ml)
- 1 small yellow onion (70 g/ 2.5 oz)
- 1 clove garlic
- 1/2 tsp dried basil
- sea salt and white or black pepper, to taste
- 4 cups [chicken stock](#) or vegetable stock (960 ml/ 32 fl oz)
- 1 1/2 cups heavy whipping cream (360 ml/ 8 fl oz)
- juice of 1 lemon (60 ml/ 2 fl oz)
- Optional:* 2-3 tbsp toasted [hemp seeds](#) and fresh basil for topping

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## Instructions

1. Prepare all the ingredients.
2. Dice the onion and finely chop the garlic. Heat your oil in a heavy pot on the stove and then add the onion, garlic and dried basil. Gently cook over medium heat until the onion is softened and translucent.
3. Add all of the other ingredients, except for the cream and heat over med-high heat until it just comes to a gentle boil. Reduce heat and simmer for 15 minutes.
4. Remove from the heat and blitz in batches in a blender or with an immersion blender until very smooth.
5. Return to pot and add cream, stirring through until combined.
6. Serve with a wedge of lemon, a sprinkle of toasted hemp seeds and fresh basil, if available. Store in a covered container in the fridge for up to 5 days or portion out and freeze.

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