

Creamy Low-Carb Red Gazpacho

Hands-on 10 minutes Overall 30 minutes

Nutritional values (per serving): Total carbs: 14.3 g, Fiber: 5.8 g, **Net carbs: 8.5 g,**

Protein: 7.5 g, Fat: 50.8 g, Calories: 528 kcal,

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



Ingredients (makes 6 servings)

- 1 large or 2 small green peppers (150 g / 5.3 oz)
- 1 large or 2 small red peppers (150 g / 5.3 oz)
- 1 small red onion (60 g / 2.1 oz)
- 2 medium avocados (300 g / 10.6 oz)
- 4-5 medium tomatoes (400 g / 14.1 oz)
- 2 cloves garlic
- 2 tbsp fresh lemon juice (~ 1/2 lemon)
- 2 tbsp [apple cider](#) or [wine vinegar](#) (or you can [make your own fruit vinegar](#))
- 2-4 tbsp each freshly chopped basil and parsley
- 1 large cucumber (200 g / 7.1 oz)
- 2 medium spring onions (30 g / 1.1 oz)
- 1 tsp salt or to taste (I like [pink Himalayan](#) rock salt)
- freshly ground [black pepper](#)
- 1 cup [extra virgin olive oil](#)
- 200 g soft goat cheese such as feta (7.1 oz)

When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. First, roast the peppers. Preheat the oven to 200 °C/ 400 °F. Cut the peppers in half and remove the core with the seeds. Lay the peppers cut side down on a baking sheet lined with parchment paper and place in the oven. Roast the peppers for about 20 minutes or until the skin blisters and starts turning black. Meanwhile, peel and roughly chop the red onion and place in a pot (if using a hand blender) or directly into a blender. 2. Cut the tomatoes into quarters. Halve, deseed and peel the avocados. Add to the pot with the onion. 3. When the peppers are done, remove from the oven and let them cool down. Once cooled, peel the skins off and discard. Add the peppers to the pot. 4. Add the fresh herbs, peeled garlic, lemon juice, vinegar, salt, pepper and olive

oil. 5. Using a hand blender, pulse until smooth. Keep some olive oil for garnish. Or if you have a blender, process all the ingredients until smooth. I'm using my [Kenwood mixer](#) with a blender attachment. 6. Dice the cucumber and slice the spring onions. 7. Add the cucumber and spring onion to the pureed soup and mix until well combined. Season with more salt and pepper if needed. 8. Pour into serving bowls, top with crumbled feta cheese, fresh herbs and a drizzle of olive oil (about 1 tbsp per bowl). Serve immediately or keep refrigerated for up to 5 days. Enjoy!

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