

Healthy Low-Carb Bruschetta Stuffed Avocado

Hands-on 10 minutes Overall 10 minutes

Nutritional values (per serving, 1/2 avocado): Total carbs: 12.1 g, Fiber: 7.5 g,

Net carbs: 4.6 g, Protein: 2.7 g, Fat: 21.6 g, Calories: 237 kcal,

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



Ingredients (makes 2 servings)

- 1 roma tomato, diced (100 g/ 3.5 oz)
- 1 tbsp diced red onion (15 g/ 0.5 oz)
- 1 clove garlic, minced
- 1 tbsp chopped fresh basil
- 1 tsp balsamic vinegar
- 1 tbsp [extra virgin olive oil](#) (15 ml)
- salt and pepper, to taste
- 1 large avocado, halved (200 g/ 7.1 oz)
- Optional:* 1/4 cup crumbled feta cheese (38 g/ 1.3 oz)

Instructions

1. In a small bowl combine all ingredients except avocado.
2. Halve the avocado and fill the center with the bruschetta.
3. Serve immediately or store sealed in the fridge for up to a week.

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