

Healthy Prosciutto Goat Cheese Stuffed Peppers

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per pepper): Total carbs: 2.7 g, Fiber: 0.6 g, Net carbs: 2.1 g,

Protein: 7.7 g, Fat: 9.1 g, Calories: 123 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 16 stuffed peppers)

16 mini sweet peppers, seeds removed (450 g/ 1 lb)

450 g soft goat cheese (1 lb)

1/2 cup sour cream (115 g/ 4.1 oz)

2 garlic cloves, minced

2 tbsp minced yellow onion (20 g/ 0.7 oz)

3 tbsp minced fresh herbs, such as parsley, basil and dill

1/2 tsp crushed red pepper flakes

8 slices prosciutto di Parma, halved lengthwise (120 g/ 4.2 oz)

1 tbsp extra virgin olive oil (15 ml)

Instructions

1. Preheat the oven broiler to the highest setting. In a small bowl combine the goat cheese, sour cream, garlic, onion, herbs, and crushed red pepper flakes. Fill a piping bag with the cheese mixture, or simply use a teaspoon to fill each pepper.
2. Slice the top off of the peppers and remove the seeds. Fill each pepper with the cheese mixture.
3. Wrap each with half slice of prosciutto. Place the peppers on a baking sheet and drizzle with olive oil. Broil for 5-7 minutes turning once, just until the prosciutto is crispy.
4. Let them cool for 5 minutes before serving. Store leftover peppers in an airtight container in the refrigerator for up to 3 days.

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