

# Summer Mexican Low-Carb Shrimp Gazpacho

Hands-on 15 minutes Overall 3 hours 15 minutes

**Nutritional values (per serving, about 2 cups):** Total carbs: 19.9 g, Fiber: 7.4 g,

**Net carbs: 12.6 g,** Protein: 12.2 g, Fat: 37.2 g, Calories: 445 kcal,

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



## Ingredients (makes 4 servings)

### Soup:

- 1 1/2 lbs on the vine tomatoes (680 g)
- 1 cucumber (350 g/ 12.4 oz)
- 1/2 red bell pepper (75 g/ 2.7 oz)
- 1 medium red onion (120 g/ 4.2 oz)
- 1 jalapeno (14 g/ 0.5 oz)
- 1 clove garlic
- 1 lime, juiced (45 ml)
- 1 tbsp balsamic vinegar (15 ml)
- 1/2 tsp cumin
- 1/2 cup [extra virgin olive oil](#) (120 ml/ 4 fl oz)
- sea salt to taste

### Shrimp:

- 1/2 lb shrimp, peeled and deveined (227 g)
- 1/2 tbsp [extra virgin olive oil](#)
- 1/2 tsp paprika
- 1/2 tsp sea salt
- 1/2 tsp garlic powder

### Toppings:

- 1 avocado, sliced (200 g/ 7.1 oz)
- 1 jalapeño, thinly sliced (14 g/ 0.5 oz)
- 2 tbsp minced red onion (15 g/ 0.5 oz)
- 2 tbsp diced cucumber (20 g/ 0.7 oz)
- 2 tbsp diced tomato (20 g/ 0.7 oz)

## Instructions

1. Cut the soup vegetables in half then place all of the soup ingredients minus the olive oil into a blender and blend until very

smooth.

2. With the blender running slowly pour in the olive oil until the soup becomes creamy. Season with salt to taste. Chill for at least 3 hours.
3. Before serving make the shrimp by tossing the shrimp with the oil and spices in a small bowl. Transfer to a skillet over medium high heat and cook 3-4 minutes per side until opaque in the center.
4. In a small bowl combine the diced onion, cucumber, and tomato. Divide the soup between 4 bowls and top with the shrimp, avocado, sliced jalapeno, and diced veggies.

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