

Low GI Spanish Gazpacho Recipe with Fresh Peppers

A vibrant, blood-sugar-friendly cold soup packed with antioxidants and fiber. This refreshing Spanish classic delivers vitamin C without spiking glucose. Serves 1-2 portions.

Prep: 8 min

Cook: 2 min

Total: 10 min

Servings: 1

GL 7.2 / GI 25

Ingredients

Choose unsweetened varieties; tomatoes have low GI due to fiber and acidity passata (tomato puree)

Excellent source of vitamin C; very low glycemic impact red bell pepper, deseeded and chopped

Capsaicin may support metabolic health red chili pepper, deseeded and chopped

Contains allicin which may help regulate blood sugar garlic clove, crushed

Acidity helps lower glycemic response sherry vinegar

Citrus acids moderate glucose absorption fresh lime juice

Instructions

Step 1

Prepare all vegetables by deseeding and roughly chopping the red bell pepper into chunks.

Remove seeds from the chili pepper and chop finely. Peel and crush the garlic clove.

Step 2

Pour the passata into your blender container or a tall vessel suitable for an immersion blender.

Step 3

Add the chopped red pepper, chili pepper, and crushed garlic to the passata.

Step 4

Measure and add the sherry vinegar and freshly squeezed lime juice from half a lime to the mixture.

Step 5

Add the extra virgin olive oil, sea salt, and a pinch of freshly ground black pepper to the mixture.

Step 6

Blend on high speed for 45-60 seconds until completely smooth and no vegetable chunks remain. The mixture should be silky and well-emulsified.

Step 7

Taste and adjust seasoning with additional sea salt and freshly ground black pepper as desired.

Step 8

For optimal blood sugar management, chill the gazpacho in the refrigerator for at least 15 minutes before serving, or serve immediately over ice cubes.

Step 9

Pour into a chilled bowl and enjoy as a light meal. For better glycemic control, pair with a protein source like grilled shrimp or eat as a starter before your main course to help moderate the glucose response of your entire meal.