

# 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.