

25 Delicious Gluten-Free Recipes For Hypothyroidism

For those with an underactive thyroid, [symptoms may not improve](#) unless gluten is removed from the diet.

But going gluten-free doesn't mean you have to cook or eat differently than your family. And you certainly don't have to miss out on delicious foods.

The following 25 recipes are some that your whole family can enjoy... and **100% gluten-free** of course.

With each recipe is a photo and detailed nutrition facts including calories and carbohydrate content per serving. Click the recipe photo or name for the full instructions and more photos.



[Shrimp Ceviche Stuffed Avocado](#)

Chilled shrimp ceviche served in an avocado half over a bed of arugula – a light, refreshing salad that tastes so good, and bonus points for being low-carb, gluten-free and Paleo friendly.

Nutritional facts per serving: 254 calories (1063 kilojoules), 13.0g carb, 18.0g protein, 16.0g fat, 6.0g fibre, 454mg sodium



[Grilled Chicken with Spinach and Melted Mozzarella](#)

Grilled chicken doesn't have to be boring, top it with sauteed spinach with garlic, mozzarella cheese and roasted peppers and you have a quick and easy chicken dish your family will love! This is perfect for any busy weeknight; serve with a simple salad for a low carb meal.

Nutritional facts per serving: 153 calories (640 kilojoules), 4.0g carb, 24.5g protein, 4.2g fat, 1.3g fibre



Veggie Lasagna Stuffed Portobello Mushrooms

Portobello mushrooms stuffed with spinach, bell peppers, cheese and marinara sauce – a delicious meatless meal that's low-carb and pretty genius! (Be sure your marinara sauce is gluten-free, or make your own.)

Nutritional facts per serving: 236 calories (987 kilojoules), 13.0g carb, 20.0g protein, 13.0g fat, 2.5g fibre, 522mg sodium



Pesto Zucchini Noodles with Roasted Tomatoes and Grilled Chicken

A light and tasty summery zucchini noodle pasta tossed in fresh basil pesto with roasted tomatoes and grilled chicken.

Nutritional facts per serving: 294 calories (1230 kilojoules), 10.2g carb, 36.1g protein, 12.3g fat, 3.3g fibre, 122mg sodium



Explosively Delicious Eggocado

Originally birthed out of Tim Ferris' *The 4-Hour Chef*, the **Eggocado** is a cult foodie's dream. Mouthgasmic, explosively delicious, and ridiculously basic — it's a quick way to throw a fresh twist on the monotonous, colorless egg creations you've likely been whipping up for years.

Nutritional facts per serving: 201 calories (841 kilojoules), 8.5g carb, 6.0g protein, 17.5g fat, 6.5g fibre



Thai Beef Salad

The original and best beef salad dish. I just couldn't leave it out.

Nutritional facts per serving: 291 calories (1218 kilojoules), 18.0g carb, 28.0g protein, 13.0g fat, 3.0g fibre, 768mg sodium



Crispy fried salmon with spring vegetable broth

One-pot broth, crispy salmon and aioli

Nutritional facts per serving: 337 calories (1410 kilojoules), 8.0g carb, 29.7g protein, 19.5g fat



Balsamic Chicken with Roasted Vegetables

Chicken and vegetables seasoned with sage, rosemary and balsamic vinegar, then baked in the oven. A delicious healthy meal, with very little clean-up.

Nutritional facts per serving: 347 calories (1452 kilojoules), 19.2g carb, 31.1g protein, 17g fat, 5.8g fibre



Low-Carb Broccoli Cheese Soup

If your looking for creative ways to serve up low carb vegetables, then this right here is your pot of gold. Broccoli Cheese Soup has always been one of my favorites. It's warm, rich, and cheesy – what's not to love?

Nutritional facts per serving: 561 calories (2347 kilojoules), 9.9g carb, 23.9g protein, 52.3g fat, 2.3g fibre



Roasted chilli frittata

The best frittata ever.

Nutritional facts per serving: 578 calories (2418 kilojoules), 3.0g carb, 32.5g protein, 48.3g fat



[Skinny Shrimp Scampi over Low Carb Zoodles](#)

Quick and easy shrimp scampi, sautéed in a light and delicate, garlic butter sauce. It's so good! Plus, have you jumped on the bandwagon with zoodles? They are noodles made from zucchini instead of using pasta. They work wonderfully with this recipe.

Nutritional facts per serving: 170 calories (711 kilojoules), 13.0g carb, 11.0g protein, 7.0g fat, 4.0g fibre, 265mg sodium



[Chicken Cacciatore With Spaghetti Squash Or Cauliflower Mash](#)

This chicken cacciatore dish is a low-carb Italian favourite that is super simple to prepare. It is also very versatile.

Nutritional facts per serving: 267 calories (1117 kilojoules), 16.9g carb, 40.0g protein, 5.1g fat, 3.6g fibre, 508mg sodium



[Eggplant Parmesan Boats](#)

You pretty much just need to hollow out the eggplant, roast it, cook the sausage along with the eggplant that was scooped out before adding the marinara sauce, stuffing the eggplant, topping it with cheese and baking it until the cheese melts. (Be sure your marinara sauce is gluten-free, or make your own.)

Nutritional facts per serving: 442 calories (1849 kilojoules), 24.0g carb, 20.0g protein, 29.0g fat, 9.0g fibre, 1261mg sodium



[Low-Carb Mexican Casserole](#)

Casseroles like this one combine some of your favorite ingredients and flavors all into one baked dish.

Nutritional facts per serving: 70 calories (293 kilojoules), 4.5g carb, 4.6g protein, 1.7g fibre



[Parsley And Garlic Chicken Cutlets With Broccoli](#)

This is a very popular way Spanish people fix their chicken. It is rather simple and extremely flavorful. Parsley, garlic and white wine are widely used in Spanish cooking. These flavors work really good together, and this is a big meal! (Skip step 1.)

Nutritional facts per serving: 486 calories (2033 kilojoules), 15.7g carb, 54.0g protein, 19.0g fat, 4.2g fibre, 262mg sodium



[Caramelized Onion, Red Pepper and Zucchini Frittata](#)

Caramelized onions, sauteed bell peppers and zucchini combined create a winning egg dish.

Frittatas are very versatile, they can be eaten for breakfast, lunch or dinner if paired with a salad. Cut into small squares, they can be served as an appetizer as well.

Nutritional facts per serving: 158 calories (661 kilojoules), 5.7g carb, 14.6g protein, 9.3g fat, 1.6g fibre, 243mg sodium



[Greek Style Salmon with Avocado Tzatziki](#)

Creamy avocado and buttery salmon were just meant for each other and with these flavours you really can't go wrong with this super easy and tasty dinner!

Nutritional facts per serving: 373 calories (1561 kilojoules), 10.3g carb, 36.0g protein, 22.2g fat, 4.6g fibre, 253mg sodium



[High-Protein Low-Carb Green Smoothie](#)

If you're new to green smoothies, low carb or maybe both, let me save you the struggle and contemplation with this deliciously simple smoothie recipe.

Nutritional facts per serving: 165 calories (690 kilojoules), 10.5g carb, 29.0g protein, 7.0g fibre



[Kale-Stuffed Portobello Mushrooms](#)

These kale-stuffed portobello mushrooms are literally just stuffed with kale and cheese. I have seen many variations but these are quicker and simpler to make. They are gluten free and if you want to keep them vegan you can use vegan cheese.

Nutritional facts per serving: 318 calories (1331 kilojoules), 11.6g carb, 21.6g protein, 21.9g fat, 2.6g fibre, 509mg sodium



[Mexican Chicken Avocado Salad](#)

This chicken avocado salad has a Mexican twist to it, giving it just a little kick of heat along with the creamy and the crunch.

Nutritional facts per serving: 277 calories (1159 kilojoules), 9.8g carb, 23.5g protein, 16.3g fat, 4.6g fibre, 414mg sodium



[No Bean Turkey and Sweet Potato Chili](#)

A quick and easy chili made with ground turkey, sweet potatoes and spices – the perfect weeknight meal. It has just the right amount of spice to compliment the sweet potatoes without being too spicy for those of you who prefer a milder chili (you can of course bump up the heat if you wish).

Nutritional facts per serving: 235 calories (983 kilojoules), 14.0g carb, 23.0g protein, 8.0g fat, 2.0g fibre, 578mg sodium



[Broccoli and Cheese Omelet](#)

This is a quick low point breakfast, perfect to use up your leftover broccoli and a great way to get veggies into your breakfast.

Nutritional facts per serving: 183 calories (766 kilojoules), 6.4g carb, 20.6g protein, 8.5g fat, 2.6g fibre, 262mg sodium



[Michela's kale, ricotta & squash omelette](#)

Wonderful weaning recipes your little one will love.

Nutritional facts per serving: 87 calories (364 kilojoules), 3.1g carb, 5.3g protein, 6.2g fat



[Slow Cooker Jalapeno Popper Chicken Chili](#)

Here's a delicious, hearty, bean-less chili recipe made in the slow cooker with ground chicken, ground beef and sweet potatoes – the perfect combination.

Nutritional facts per serving: 285 calories (1192 kilojoules), 20.0g carb, 25.0g protein, 12.0g fat, 5.0g fibre, 350mg sodium



[Tuna-Stuffed Tomatoes](#)

Why not eat out of a tomato instead of a tin?

Nutritional facts per serving: 169 calories (707 kilojoules), 8.0g carb, 13.0g protein, 10.0g fat, 2.0g fibre, 432mg sodium



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