SPANISH · DESSERT

Basque Burnt Cheesecake with Allulose

50 min · plus a few hours chilling Makes 6 × 1 slice 380 kcal a portion

Video 5:45 · lowcarbrecipeideas

Vegetarian | Gluten-free ingredients | Nut-free

Crustless, so there is no flour at all, and sweetened with allulose instead of sugar: about 4 g net carbs a slice and no added sugar.

Diet notes: Keto (4 g net carbs a serve).

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Ingredients

6 · MAKES 6 × 1 SLICE

- [ ] 400 g **cream cheese**, at room temperature
- [ ] 2 large **eggs**, at room temperature
- [ ] 220 ml **whipping or heavy cream**, at room temperature
- [ ] 80 g (5 1/2 tbsp) **allulose**
- [ ] 1 g **salt**
- [ ] 1 tsp **vanilla extract**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 200°C for a good 20–30 minutes so it is really hot. Line a 15 cm round pan, 7.5 cm deep, roughly with parchment that stands above the rim. 0:28
2. Lightly beat the eggs with the salt and vanilla. In a larger bowl, stir the cream cheese with a spatula until smooth, then mix in the allulose until creamy. 0:58
3. Whisk in the egg mixture in two additions, then the cream, until smooth. Strain the batter into the pan to remove any lumps. 2:04
4. Bake on the middle shelf 20–30 minutes, turning the pan halfway, until the top is very dark and the centre still wobbles. If the top is still pale at 30 minutes, don't keep baking just to darken it. It rises, then sinks as it cools. 4:09
5. Cool to room temperature, then chill a few hours or overnight. Serve cold for a firm slice, or leave out 15–30 minutes for a softer, custardy centre. 4:22

> **Tip** About 20 minutes gives an oozy centre, 30 minutes a creamy one, a little longer a firmer slice. For a bigger pan, scale the recipe up. Any keto sweetener can replace the allulose.

The method is a summary in our words — the video shows every step.

One portion (1 slice) gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
380 kcal	**7** g	**4** g	**0** g	**38** g	**310** mg
1,590 kJ	14% of a day	4 g net · 3.5 g sugars	0% of a day	22 g saturated	14% of a day
		1% of a day		48% of a day	

Energy from net carbs 4% · protein 7% · fat 89% — fits keto: 4 g net carbs, 89% of the energy from fat

High in (20%+ of a day) Vitamin A 42% · Selenium 22% · Omega-3 20%

Source of (10–19%) Vitamin B12 16%

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=LTgJ1srUWhg, published 28 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-basque-burnt-cheesecake