BRAZILIAN · DESSERT

Keto Brigadeiro Dream Cake (No-Bake)

45 min · plus 1½ hours chilling Makes 6 × 1 slice (1/6 cake) 542 kcal a portion

Video 4:44 · ketoserts

Vegetarian Gluten-free ingredients

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Almond-flour base, egg-yolk custard and 85% dark chocolate ganache sweetened with erythritol: about 7 g net carbs and 5 g fibre a slice.

Diet notes: Keto (7.1 g net carbs a serve).

Ingredients

20 · MAKES 6 × 1 SLICE (1/6 CAKE)

- [ ] ¼ cup **warm heavy whipping cream**
- [ ] 1 tsp (4 g) **instant coffee granules**
- [ ] 2½ tbsp (1¼ oz) **unsalted butter**
- [ ] 1 cup **blanched almond flour**
- [ ] 1–2 tbsp (¼–½ oz) **unsweetened cocoa powder**
- [ ] 2 tbsp (¾ oz) **granulated erythritol**
- [ ] ¼ tsp (1 g) **salt**
- [ ] 1 tsp (¾ tsp) **vanilla extract**
- [ ] 3 large **egg yolks**
- [ ] ⅓ cup **powdered erythritol**
- [ ] ¼ tsp (1 g) **salt**, for the custard
- [ ] 1 cup **heavy whipping cream**
- [ ] 3 tbsp (1½ oz) **unsalted butter**, cut into pieces
- [ ] 1½ tsp (1¼ tsp) **vanilla extract**
- [ ] ½ tsp (2 g) **xanthan gum**
- [ ] 1¾ oz (6 squares) 85–95% **dark chocolate** (Lindt)
- [ ] ½ cup **hot heavy whipping cream**
- [ ] 2 tbsp (¾ oz) **powdered erythritol**, for the ganache
- [ ] ½ tsp (½ tsp) **vanilla extract**, for the ganache
- [ ] **shaved unsweetened chocolate**, to finish (about ¾ oz)

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Stir the instant coffee into the warm cream until dissolved. 0:13
2. Melt 2½ tbsp butter in a frying pan over medium heat. Add the almond flour, cocoa, granulated erythritol and salt and stir until toasted and crumbly. 0:29
3. Pour in the coffee cream and 1 tsp vanilla and stir into a soft dough. Press it into a 7 × 4.5 inch tin and refrigerate. 1:02
4. Whisk the yolks, powdered erythritol and salt until pale. Heat 1 cup cream over low heat until bubbles appear, then whisk half of it gradually into the yolks. 1:40
5. Pour the yolk mix back into the pot and whisk over low heat until thick. Off the heat, whisk in 3 tbsp butter, the vanilla and xanthan gum until smooth. 2:24
6. Pour the custard over the base, level it and refrigerate at least 30 minutes. 3:04
7. Pour the hot cream over the chopped chocolate and stir until smooth, then stir in the powdered erythritol and vanilla. Cool 5–10 minutes. 3:26
8. Pour the ganache over the custard, refrigerate at least 1 hour, then cover with shaved unsweetened chocolate and cut into 6. 4:04

> **Tip** No speech in the video: quantities are from the cook's description. Use 1 tbsp cocoa for a milder base or 2 for a darker one.

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

One portion, 1 slice (1/6 cake), gives you

1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
542 kcal	**8.4** g	**12** g	**4.7** g	**53** g	**170** mg
2,270 kJ	17% of a day	7.1 g net · 4.3 g sugars	17% of a day	28 g saturated	8% of a day
		4% of a day		67% of a day	

Energy from net carbs 5% · protein 6% · fat 89% — fits keto: 7.1 g net carbs, 89% of the energy from fat

High in (20%+ of a day) Vitamin A 46% · Vitamin E 37% · Magnesium 22%

Source of (10–19%) Omega-3 17% · Iron 16% · Selenium 16% · Zinc 14% · Vitamin B12 14%

Recipe and video: ketoserts (@ketoserts) on YouTube — youtube.com/watch?v=aV1WZD86eK4, published 20 July 2020. 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-brigadeiro-dream-cake