AMERICAN · DESSERT

Keto Carrot Cake with Cream Cheese Frosting

55 min · plus cooling · Makes 8 × 1 slice (1/8 cake) · 414 kcal a portion

Video 6:43 · KetoFocus

Vegetarian · Gluten-free ingredients

Almond flour, eggs and real carrot sweetened with Swerve and monk fruit: about 4.5 g net carbs and 10 g protein a slice, with no added sugar.

Diet notes: Keto (4.5 g net carbs a serve).

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Ingredients

19 · MAKES 8 × 1 SLICE (1/8 CAKE)

- [ ] 150 g **almond flour**
- [ ] 95 g **granulated Swerve** (or sweetener of choice)
- [ ] 50 g **monk fruit sweetener**, golden (Lakanto), or golden Swerve
- [ ] 1½ tsp **baking powder**
- [ ] ¼ tsp **baking soda**
- [ ] ½ tsp **salt**
- [ ] 1¼ tsp **ground cinnamon**
- [ ] ½ tsp **ground nutmeg**
- [ ] ⅛ tsp ground **cloves**
- [ ] 70 g **loosely packed grated carrot** (1 medium carrot)
- [ ] 4 **eggs**
- [ ] 4 tbsp **butter**, melted
- [ ] ½ tsp **vanilla extract**
- [ ] 55 g chopped **pecans**
- [ ] 227 g **cream cheese**, softened (frosting)
- [ ] 5 tbsp **butter**, softened (frosting)
- [ ] 1 tbsp **sour cream** (or plain yoghurt), for the frosting
- [ ] ½ tsp **vanilla extract** (frosting)
- [ ] 95 g **confectioners Swerve** (frosting)

Amounts in metric 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. Heat the oven to 175°C. In a large bowl whisk the almond flour, both sweeteners, baking powder, baking soda, salt, cinnamon, nutmeg and cloves. 1:37
2. Add the grated carrot, eggs, melted butter and vanilla to the dry ingredients and mix until combined. 2:03
3. Stir in the chopped pecans (or other nuts, or leave them out). 2:28
4. Grease one 20 cm round pan or two 10 cm pans and line the bases with baking paper. Fill halfway and bake 25–30 minutes (22–25 for small pans), until set in the middle. 3:01
5. Cool a little, run a knife around the edge and turn the cake out onto a rack. Let it cool completely. 3:45
6. For the frosting, beat the cream cheese, softened butter, sour cream and vanilla, then add the confectioners Swerve slowly and whip 2–3 minutes until fluffy. 4:40
7. Level the cooled cakes if they are domed, then spread frosting between the layers and over the cake (a thin crumb coat chilled for 30 minutes makes the final coat easier). Cut into 8 slices. 5:13

> **Tip** The cook says the recipe makes one single-layer 20 cm cake; double it for a two-layer cake. Walnuts work instead of pecans. Keep it covered in the fridge.

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

One portion, 1 slice (1/8 cake), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
414 kcal	9.8 g	8 g	3.5 g	40 g	400 mg
1,730 kJ	20% of a day	4.5 g net · 2.8 g sugars	12% of a day	16 g saturated	17% of a day
		3% of a day		51% of a day	

Energy from net carbs 4% · protein 9% · fat 87% — fits keto: 4.5 g net carbs, 87% of the energy from fat

High in (20%+ of a day) Vitamin E 39% · Vitamin A 34% · Selenium 21%

Source of (10–19%) Magnesium 16% · Vitamin B12 15% · Omega-3 14% · Zinc 12%

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=drR9mHfmhj4, published 10 April 2019. 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-carrot-cake-cream-cheese-frosting