AMERICAN · DESSERT · SNACK

Keto Chocolate Fudge with Sugar-Free Condensed Milk

60 min · plus at least 4 hours chilling · Makes 32 × 1 piece · 102 kcal a portion

Video 8:18 · KetoFocus

Vegetarian · Gluten-free ingredients · Nut-free

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Cream reduced with allulose replaces sugary condensed milk, and the chocolate is sugar-free: under 3 g net carbs and almost no sugar in each piece.

Diet notes: Keto (2.7 g net carbs a serve).

Ingredients

8 · MAKES 32 × 1 PIECE

- [ ] 480 ml **heavy whipping cream**
- [ ] 3 tbsp (42 g) **unsalted butter**, for the condensed milk
- [ ] 95 g **powdered allulose**
- [ ] 340 g (340 g, about 470 ml) **sugar-free chocolate chips**
- [ ] 1 tbsp **unsalted butter**, for the fudge
- [ ] ¼ tsp **salt**
- [ ] 1 tsp **vanilla extract**
- [ ] a little **oil spray**, for the baking paper

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. For the sugar-free condensed milk, put the cream, 3 tbsp butter and powdered allulose in a medium saucepan and bring to a boil over medium heat. 1:04
2. Turn the heat to low and simmer for about 30 minutes, until it has reduced to roughly 400 g and coats the back of a spoon. 1:26
3. Use it straight away, or pour it into a jar, cool 30 minutes at room temperature and refrigerate (it keeps 2–3 weeks). 2:16
4. Line an 20 cm square dish with baking paper and wipe the paper with a little oil. 4:45
5. Put the condensed milk in a saucepan with the chocolate chips, 1 tbsp butter and salt. Stir constantly over low heat, lifting the pan off the heat now and then so the chocolate doesn't seize, until smooth. 5:24
6. Take it off the heat, stir in the vanilla, then pour straight into the dish and smooth the top. 6:28
7. Chill for at least 4 hours (overnight is best) until firm, then cut into 32 squares with a sharp knife. 6:44

> **Tip** For nutty fudge, stir in 240 ml chopped walnuts or pecans with the vanilla. Keep the fudge in the fridge.

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

One portion (1 piece) gives you

1 OF 32 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
102 kcal	1.1 g	6.5 g	3.8 g	9.9 g	30 mg
430 kJ	2% of a day	2.7 g net · 0.5 g sugars	14% of a day	6.3 g saturated	1% of a day
		2% of a day		13% of a day	

Energy from net carbs 10% · protein 4% · fat 86% — fits keto: 2.7 g net carbs, 86% of the energy from fat

Recipe and video: KetoFocus (@KetoFocus) on YouTube — youtube.com/watch?v=IzIx1egU8Fg, published 15 December 2025. 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-chocolate-fudge-condensed-milk