AMERICAN · SIDE

Keto Coconut Flour Dinner Rolls (Nut-Free, No Yeast)

45 min · Makes 9 × 1 roll · 222 kcal a portion

Video 8:26 · Janet's Delicious Low Carb Kitchen

Vegetarian · Gluten-free ingredients · Nut-free

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Coconut flour, eggs and butter replace wheat: about 4 g net carbs and nearly 5 g fibre a roll, with no nuts and no sugar, so it is steady on blood sugar.

Diet notes: Keto (4.3 g net carbs a serve).

Ingredients

9 · MAKES 9 × 1 ROLL

- [ ] 120 g **coconut flour**
- [ ] 24 g **granulated monk fruit sweetener** (optional)
- [ ] 1 tbsp (14 g) **baking powder**
- [ ] ¼ tsp **salt**
- [ ] 1 tsp **xanthan gum**
- [ ] 3 large **eggs**, at room temperature
- [ ] 170 g **butter**, melted and cooled
- [ ] 180 ml **warm milk of choice** (Janet's low-carb pick is unsweetened coconut milk)
- [ ] 1 **egg** beaten with 1 tbsp water, to brush (only a little is used)

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 and line a 20 cm round cake pan with baking paper. 1:27
2. In a large bowl, whisk the coconut flour, sweetener (if using), baking powder, salt and xanthan gum until there are no lumps. 1:34
3. Stir in the eggs until the flour is moistened, then the cooled melted butter, then the warm milk. Keep stirring 20–30 seconds more so the coconut flour soaks up the liquid. 2:46
4. Gather the dough into a ball and knead it gently for a minute (a little more coconut flour if sticky), rest it 5 minutes, then check it rolls smoothly — add a few drops of water if crumbly. 3:57
5. Divide into 9 portions (about 60 ml each), roll each into a tight smooth ball and set them in the pan touching each other so they keep their shape. 5:32
6. Whisk the extra egg with 1 tbsp water and brush a light coat over the tops. 6:48
7. Bake 23–25 minutes until lightly browned and a tester comes out clean, then cool in the pan 15–20 minutes before lifting them out. 7:17

> **Tip** Add herbs, garlic or spices to the dough for flavoured rolls, or leave out the sweetener. Keeps 3 days in an airtight container, or a week in the fridge.

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

One portion (1 roll) gives you

1 OF 9 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
222 kcal	5.1 g	9.1 g	4.8 g	19 g	270 mg
930 kJ	10% of a day	4.3 g net · 1.1 g sugars	17% of a day	12 g saturated	12% of a day
		3% of a day		25% of a day	

Energy from net carbs 8% · protein 10% · fat 82% — fits keto: 4.3 g net carbs, 82% of the energy from fat

Source of (10–19%) Vitamin A 19% · Selenium 15% · Vitamin B12 10%

Recipe and video: Janet's Delicious Low Carb Kitchen (@JanetsDeliciousLowCarbKitchen) on YouTube — youtube.com/watch?v=9XLCHa3a-_w, published 4 December 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-coconut-flour-dinner-rolls