AMERICAN · DESSERT · SAUCE

Keto Cream Cheese Frosting (Sugar-Free Buttercream)

10 min · Makes 14 × 2 tbsp · 115 kcal a portion · Video 5:03 · Edna De la Cruz

Vegetarian · Gluten-free ingredients · Nut-free

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Butter and cream cheese sweetened with confectioners erythritol instead of icing sugar: 2 tbsp have under 1 g net carbs and no added sugar, so it suits keto cakes and cupcakes.

Diet notes: Keto (0.7 g net carbs a serve).

Ingredients

4 · MAKES 14 × 2 TBSP

- [ ] 1 stick (113 g) **butter**, softened to room temperature
- [ ] 1 bar (226 g) cream cheese, at room temperature
- [ ] 120 ml **confectioners Swerve** (start with 60 ml and add to taste)
- [ ] 2 tsp **vanilla extract**

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. Put the soft butter and room-temperature cream cheese in a bowl and beat with a mixer for a few minutes, scraping the bowl, until creamed really well. 0:42
2. Add the confectioners Swerve and mix, scraping the bowl again so it is fully blended. Start with 60 ml and add more to taste, but no more than 120 ml or it gets too sweet. 1:09
3. Mix in the vanilla extract (clear extract keeps it whiter; vanilla paste works too). 1:41
4. For a smooth finish, press the frosting back and forth against the bowl with a spatula to pop any air bubbles. 2:10
5. Use it to fill and coat your cake. If it gets soft, chill it (or the cake) briefly, then add a second coat or pipe borders. 2:37

> **Tip** Serves are our estimate (the cook gives no yield); she doubles the batch to fill and cover a 15 cm cake with piped borders. Keep frosted cakes in the fridge.

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

One portion (2 tbsp) gives you

1 OF 14 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
115 kcal	1.1 g	0.7 g	0 g	12 g	50 mg
480 kJ	2% of a day	0.7 g net · 0.6 g sugars	0% of a day	7.2 g saturated	2% of a day
		0% of a day		15% of a day	

Energy from net carbs 2% · protein 4% · fat 94% — fits keto: 0.7 g net carbs, 94% of the energy from fat

Source of (10–19%) Vitamin A 12%

Recipe and video: Edna De la Cruz (@EdnaDelacruz) on YouTube — youtube.com/watch?v=c76nHvUqKBY, published 22 September 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-cream-cheese-buttercream-frosting