AMERICAN · DESSERT

Keto Kentucky Butter Cake with Butter Syrup

80 min · plus 1 hour cooling | Makes 16 × 1 slice (1/16 cake) | 292 kcal a portion

Video 7:14 · All Day I Dream About Food

Vegetarian | Gluten-free ingredients

Almond and coconut flour, eggs and butter sweetened with Swerve and allulose: about 3 g net carbs and 7 g protein a slice, with no added sugar.

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

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Ingredients 19 · MAKES 16 × 1 SLICE (1/16 CAKE)

- [ ] **butter**, for greasing the bundt pan
- [ ] **oil spray**, a little (macadamia or avocado), for the pan
- [ ] a little **almond flour**, to dust the pan
- [ ] 2½ cups **almond flour**
- [ ] ¼ cup **coconut flour**
- [ ] ¼ cup **unflavoured whey protein powder**
- [ ] 1 tbsp **baking powder**
- [ ] ½ tsp **salt**
- [ ] 1 cup **butter**, softened
- [ ] 1 cup **granular Swerve**
- [ ] 5 large **eggs**
- [ ] 2 tsp **vanilla extract**
- [ ] ½ cup **whipping cream**
- [ ] ½ cup **water**
- [ ] 5 tbsp **butter** (butter syrup)
- [ ] 3 tbsp **granular Swerve** (butter syrup)
- [ ] 3 tbsp **allulose** (butter syrup)
- [ ] 2 tbsp **water** (butter syrup)
- [ ] 1 tsp **vanilla extract** (butter syrup)

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. Heat the oven to 325°F. Rub butter into every crevice of a bundt pan, spray it with oil and brush it around, then dust the pan with a little almond flour. 0:46
2. Whisk the almond flour, coconut flour, whey protein, baking powder and salt, breaking up any clumps. 1:25
3. Beat the softened butter with the Swerve until creamy and fluffy. 2:02
4. Beat in the eggs, then the vanilla, scraping down the bowl now and then. 2:22
5. Beat in the dry ingredients all at once, then the cream and water, to a thick batter. 2:59
6. Spread the batter evenly in the pan and bake 50–60 minutes, until golden brown and firm on top. 3:21
7. For the butter syrup, melt the butter with the Swerve and allulose, stirring until they dissolve. Off the heat, whisk in the water and vanilla. 4:03
8. Poke holes all over the warm cake with a skewer and pour over the syrup. Cool about an hour in the pan, loosen the edges and turn out onto a plate. 5:00

> **Tip** No allulose? The cook says use more Swerve; the syrup just won't be as syrupy. Her written recipe dusts the cake with confectioners Swerve. Don't leave it in the pan too long or it sticks.

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

One portion, 1 slice (1/16 cake), gives you 1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
292 kcal	**7** g	**5.3** g	**2.6** g	**28** g	**180** mg
1,220 kJ	14% of a day	2.7 g net · 1.4 g sugars 2% of a day	9% of a day	13 g saturated 36% of a day	8% of a day

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

High in (20%+ of a day) Vitamin E 32% · Vitamin A 20%

Source of (10–19%) Magnesium 11% · Selenium 11% · Vitamin B12 10%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=VzWpCQusZXc, published 18 May 2022. 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-kentucky-butter-cake