MIDDLE EASTERN · DESSERT

Keto Kunafa (Knafeh) with Sugar-Free Syrup

50 min · Makes 8 × 1 piece (1/8 kunafa) · 185 kcal a portion · Video 6:58 · Magic in my Food

Vegetarian · Gluten-free ingredients

Butter-rich coconut layers around melting paneer and mozzarella, soaked in an erythritol syrup instead of sugar: about 2 g net carbs and 2 g fibre a piece.

Diet notes: Keto (2 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients

9 · MAKES 8 × 1 PIECE (1/8 KUNAFA)

- [ ] 100 g **desiccated coconut** (or coconut flour)
- [ ] 40 g **soft butter**
- [ ] a little **butter**, for greasing the dish
- [ ] 100 g **paneer** (or cottage cheese or ricotta), crumbled
- [ ] 40 g grated **mozzarella**
- [ ] 95 g **erythritol**
- [ ] 120 ml **water**, for the syrup
- [ ] **Lemon juice**: juice of ¼ lemon
- [ ] 20 g **pistachios**, chopped

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Rub the 40 g soft butter into the desiccated coconut with your fingers until evenly mixed. 1:27
2. Grease a small (about 10 cm) baking dish with butter and press half the coconut mixture into it as an even base. 1:56
3. Spread the crumbled paneer over the base and press it flat. 2:24
4. Scatter the mozzarella over the paneer and press it down. 2:55
5. Heat the oven to 180°C. Spread the rest of the coconut mixture on top, press it level and bake for 25 minutes until golden. 3:14
6. Meanwhile boil the erythritol, water and lemon juice for 5–7 minutes, stirring now and then, to make the syrup. 3:50
7. Pour half the syrup over the hot kunafa and leave 15 minutes. Loosen the sides, turn it out onto a plate and spoon over the rest of the syrup. 5:00
8. Sprinkle with the chopped pistachios and serve warm or chilled, cut into 8. 5:56

> **Tip** Coconut flour can replace the desiccated coconut, and cottage cheese or ricotta the paneer, as the cook notes.

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

One portion, 1 piece (1/8 kunafa), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
185 kcal	4.9 g	4.3 g	2.3 g	17 g	40 mg
770 kJ	10% of a day	2 g net · 1.7 g sugars 2% of a day	8% of a day	12 g saturated 22% of a day	2% of a day

Energy from net carbs 4% · protein 11% · fat 85% — fits keto: 2 g net carbs, 85% of the energy from fat

Recipe and video: Magic in my Food (@Magicinmyfood) on YouTube — youtube.com/watch?v=IXP3U7ZrBCc, published 24 May 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-kunafa-coconut-paneer