AMERICAN · DESSERT

Keto Lemon Cheesecake with Pecan Crust

35 min · plus 2 h freezing and 1–1½ h thawing · Makes 8 × 1 square (1/8 dish) · 374 kcal a portion

Video 14:23 · Victor Prince

Vegetarian · Gluten-free ingredients

Pecans, cream and cream cheese sweetened with a zero-sugar sweetener (Swerve-style): about 4 g net carbs a square and no added sugar, so it's gentle on blood sugar.

Diet notes: Keto (4.1 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients

9 · MAKES 8 × 1 SQUARE (1/8 DISH)

- [ ] 110 g chopped **pecans**
- [ ] 2 tbsp **butter**, melted
- [ ] 1 tsp **granulated sweetener** (Magic Baker's), for the crust
- [ ] 350 ml **heavy whipping cream**
- [ ] 227 g **cream cheese**, softened
- [ ] 130 g **confectioners sweetener** (Magic Baker's or Swerve)
- [ ] 1–1½ tsp **vanilla extract**
- [ ] 120 ml **fresh lemon juice** (about 4 lemons)
- [ ] 1 tbsp **lemon zest** (from the same lemons), plus a little extra for the top

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. Heat the oven to 190°C. Chop 240 ml of pecans with a chopper or knife — leave some small pieces for crunch rather than grinding them to flour. 2:31
2. Tip the pecans into your serving dish (the cook uses a 15 × 19 cm glass dish; a pie plate works too), pour over the melted butter, sprinkle on 1 tsp granulated sweetener, stir and press down firmly with a fork. 3:21
3. Bake the crust for about 10 minutes, until golden brown, then let it cool completely. 4:51
4. While it bakes, zest the lemons (avoid the bitter white pith) and squeeze about 120 ml of juice, keeping the seeds out. 5:09
5. Whip the heavy cream with a hand mixer to stiff peaks — stop before it turns to butter. 8:56
6. Beat in the softened cream cheese, then add the confectioners sweetener and vanilla on low speed until smooth; scrape down the bowl. 10:03
7. Mix in the lemon juice and zest and taste — add more zest or juice if you want it more lemony. 11:22
8. Spread the filling over the cooled crust, sprinkle a little zest on top and freeze for about 2 hours. Thaw for 1–1½ hours before cutting into squares; keep leftovers in the fridge. 12:29

> **Tip** Serves 8 squares (our estimate — the cook doesn't give a yield). Swap the lemon for key lime juice and zest for a key-lime version, as the cook suggests.

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

One portion, 1 square (1/8 dish), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
374 kcal	4.1 g	5.6 g	1.5 g	38 g	110 mg
1,570 kJ	8% of a day	4.1 g net · 3.3 g sugars	5% of a day	18 g saturated	5% of a day
		2% of a day		49% of a day	

Energy from net carbs 4% · protein 4% · fat 92% — fits keto: 4.1 g net carbs, 92% of the energy from fat

High in (20%+ of a day) Vitamin A 33% · Omega-3 23%

Recipe and video: Victor Prince (@southernketo) on YouTube — youtube.com/watch?v=LrrR7Mqs2NQ, published 6 April 2024. 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-lemon-cheesecake-pecan-crust