AMERICAN · DESSERT · SNACK

Keto Lemon Pound Cake with Cream Cheese Glaze

60 min · plus cooling | Makes 12 × 1 slice (1/12 loaf) | 299 kcal a portion

Video 5:23 · Sonal's Food

Vegetarian | Gluten-free ingredients

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Almond flour, eggs and lemon sweetened with erythritol and stevia: about 3.5 g net carbs a slice and no added sugar.

Diet notes: Keto (3.5 g net carbs a serve).

Ingredients

16 · MAKES 12 × 1 SLICE (1/12 LOAF)

- [ ] 6 large **eggs**
- [ ] 160 ml **lemon juice**
- [ ] 160 ml **coconut oil**, melted
- [ ] 1 tsp **baking powder**
- [ ] 1 tsp **baking soda**
- [ ] ¼ tsp **salt**
- [ ] 200 g **almond flour**
- [ ] 5 tsp **coconut flour**
- [ ] 1 tsp **vanilla essence**
- [ ] 140 g **erythritol**
- [ ] **liquid stevia**, 2 droppers (about 12 drops)
- [ ] 1 tsp **ghee**, for greasing the pan
- [ ] 75 g **cream cheese** (glaze)
- [ ] 80 ml **heavy cream** (glaze)
- [ ] **liquid stevia**, 6 drops (glaze)
- [ ] **lime zest**, to finish (optional)

Amounts in metric 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 180°C. Whisk the 6 eggs with the lemon juice, then stir in the melted coconut oil. 0:45
2. Add the baking powder, baking soda and salt, then the almond flour and coconut flour, and stir into a smooth, thick batter. 1:20
3. Stir in the vanilla, erythritol and liquid stevia until well combined. 2:20
4. Grease a loaf pan with the ghee, pour in the batter and level it. Bake about 40 minutes at 180°C, until golden and set. 3:00
5. For the glaze, stir the cream cheese and heavy cream with a few drops of stevia, warm briefly in the microwave and whisk smooth. 3:35
6. Let the cake cool, then turn it out of the pan. 4:10
7. Spread the glaze over the top, finish with a little lime zest if you like, and cut into 12 slices. 4:35

> **Tip** The cook says it is good plain with coffee, or with whipped cream and berries as a dessert. Keep the glazed cake in the fridge.

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

One portion, 1 slice (1/12 loaf), gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
299 kcal	**7.5** g	**6** g	**2.5** g	**28** g	**240** mg
1,250 kJ	15% of a day	3.5 g net · 1.9 g sugars	9% of a day	15 g saturated	11% of a day
		2% of a day		36% of a day	

Energy from net carbs 5% · protein 10% · fat 85% — fits keto: 3.5 g net carbs, 85% of the energy from fat

High in (20%+ of a day) Vitamin E 31%

Source of (10–19%) Selenium 17% · Vitamin B12 13% · Magnesium 12% · Vitamin A 10%

Recipe and video: Sonal's Food (@SonalsFood) on YouTube — youtube.com/watch?v=0XN9wr_wRS0, published 3 May 2018. 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-pound-cake-cream-cheese-glaze