AMERICAN · DESSERT · SNACK

Keto Pecan Turtles with Sugar-Free Caramel

45 min · plus 1½–2 hours setting Makes 24 × 1 turtle 106 kcal a portion

Video 6:48 · All Day I Dream About Food

Vegetarian Gluten-free ingredients

Toasted pecans with a butter-and-cream caramel sweetened with allulose and brown erythritol, plus sugar-free chocolate: about 1.5 g net carbs and under ½ g sugar a turtle.

Diet notes: Keto (1.5 g net carbs a serve).

Scan for the video, full nutrition and more free recipes

Ingredients

9 · MAKES 24 × 1 TURTLE

- [ ] 56 g **unsalted butter**, for the caramel
- [ ] 50 g **brown erythritol sweetener** (Swerve Brown)
- [ ] 50 g **allulose**
- [ ] 80 ml **heavy whipping cream**
- [ ] ¼ tsp **xanthan gum**
- [ ] 198 g **pecan halves**
- [ ] 113 g **sugar-free dark chocolate**
- [ ] 1 tbsp **butter**, for the chocolate
- [ ] a pinch of **flaky sea salt**, to top (optional)

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. Melt the butter, brown sweetener and allulose in a saucepan over medium heat, whisking. Bring to a boil and cook about 2 minutes, whisking often, until it darkens and starts to thicken. 0:31
2. Take the pan off the heat and whisk in the cream (it bubbles up). When the bubbling settles, tap in the xanthan gum a little at a time while whisking so it doesn't clump. 1:19
3. Return to a boil for 1 more minute, then set the caramel aside to cool until thick but still pourable — up to 40 minutes. 1:55
4. Meanwhile spread the pecans in a single layer on a lined baking sheet and toast at 175°C for 5–10 minutes, watching closely. Let them cool. 2:30
5. Arrange the pecans in about 24 little star-shaped clusters of 3–4 halves each. 3:09
6. Drizzle about 2 tsp of caramel over each cluster so every pecan is coated (rewarm the caramel briefly if it gets too thick). Freeze about 1 hour to set. 4:14
7. Melt the chocolate with 1 tbsp butter in a bowl over barely simmering water, stirring until just smooth. 5:02
8. Dab a spoonful of chocolate on each turtle, sprinkle with flaky salt if you like, and chill 30–60 minutes until set. 5:30

> **Tip** Using both sweeteners matters: brown erythritol alone recrystallises, while allulose keeps the caramel soft and gooey. Store the turtles in the fridge.

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

One portion (1 turtle) gives you

1 OF 24 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
106 kcal	1.2 g	4 g	2.5 g	11 g	20 mg
440 kJ	2% of a day	1.5 g net · 0.4 g sugars	9% of a day	3.6 g saturated	1% of a day
		1% of a day		14% of a day	

Energy from net carbs 5% · protein 4% · fat 91% — fits keto: 1.5 g net carbs, 91% of the energy from fat

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=07Mx2YMYoQ8, published 6 July 2023. 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-pecan-turtles-caramel-chocolate