GLOBAL · DESSERT · SNACK

Keto Portuguese Egg Tarts (Pastéis de Nata)

60 min · Makes 8 × 1 egg tart · 133 kcal a portion · Video 7:32 · Kye's Kitchen

Vegetarian · Gluten-free ingredients

Flaky almond-flour pastry with a cream custard sweetened with erythritol and allulose: about 1.5 g net carbs a tart and no sugar or wheat.

Diet notes: Keto (1.4 g net carbs a serve).

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Ingredients

13 · MAKES 8 × 1 EGG TART

- [ ] 2 oz **almond flour**
- [ ] ½ tsp **xanthan gum**
- [ ] ¼ tsp **salt**
- [ ] 1¼ oz **egg white** (from 2 eggs used in total)
- [ ] ¾ oz beaten **egg**, for the custard
- [ ] ½ oz **low-carb sweetener** (half erythritol, half allulose)
- [ ] ¼ oz **water**
- [ ] 2 oz **heavy cream**
- [ ] a few drops of **vanilla extract**
- [ ] 1 oz **butter**, melted
- [ ] 1¼ oz **almond flour**, for the butter paste
- [ ] a little **butter**, for greasing the moulds
- [ ] **Egg**: the rest of the beaten egg, for brushing (about 8 g used)

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. For the pastry, mix the 2 oz almond flour, xanthan gum and salt, then stir in 1¼ oz egg white until it forms an even dough. Cover with plastic wrap and set aside. 0:58
2. Beat the rest of the eggs. Weigh ¾ oz into a bowl (keep the rest for brushing) and stir in the sweetener, water, cream and a few drops of vanilla. Refrigerate this custard. 1:42
3. Melt the 1 oz butter and stir in 1¼ oz almond flour to make a soft butter paste. Butter 8 small egg-tart moulds, corners included. 2:40
4. Roll the dough between sheets of cling film into a thin rectangle, spread the butter paste over it, cover and roll gently, then roll it up tightly from the long side. 3:27
5. Cut the roll into 6 equal pieces. Flatten each one, lay it over an upturned mould, flip and let it settle in, then trim the edge with a decisive cut. Press the scraps into the last 2 moulds. 4:51
6. Brush the cases with beaten egg so the custard won't soak in. Bake at 340°F for 10 minutes, brush again and bake 5 minutes more. 6:03
7. Stir the custard, pour it into the cases and bake until the filling sets and browns in spots. 6:36

> **Tip** Use almond flour, not coconut flour, for the pastry (grind other nut flours finer). If the butter paste is too wet, add a little more almond flour.

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

One portion (1 egg tart) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
133 kcal	3.7 g	3 g	1.6 g	12 g	90 mg
560 kJ	7% of a day	1.4 g net · 0.8 g sugars	6% of a day	4.4 g saturated	4% of a day
		1% of a day		16% of a day	

Energy from net carbs 4% · protein 12% · fat 84% — fits keto: 1.4 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin E 22%

Recipe and video: Kye's Kitchen (@KyesKitchen) on YouTube — youtube.com/watch?v=3hXCu1QhFh4, published 5 August 2021. 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-portuguese-egg-tarts