GLOBAL · LUNCH · SIDE

Keto Hamburger Buns with Sesame Seeds

65 min · Makes 5 × 1 bun · 192 kcal a portion · Video 5:43 · The Keto King (a.k.a The Banting Boss)

Vegetarian · Gluten-free ingredients · Dairy-free

Almond, coconut, flax and psyllium make a grain-free bun with 9 g fibre for 4.3 g net carbs, so it won't spike blood sugar, and the flax gives a day's plant omega-3 (ALA).

Diet notes: Keto (4.3 g net carbs a serve).

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Ingredients

12 · MAKES 5 × 1 BUN

- [ ] ¾ cup **almond flour**
- [ ] ¼ cup **coconut flour**
- [ ] ¼ cup **flaxseed meal**
- [ ] ¾ oz (⅛ cup) **psyllium husk powder**
- [ ] 1 tsp (5 g) **baking powder**
- [ ] 1 tsp **onion powder**
- [ ] **salt** to taste (or ½ tsp)
- [ ] **whites of 3 eggs** (not carton egg whites)
- [ ] 1 whole **egg**
- [ ] 1 tsp (1 tsp) **apple cider vinegar**
- [ ] 1 cup **lukewarm water**
- [ ] **untoasted sesame seeds**, to sprinkle

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Mix the almond meal, coconut flour, flaxseed meal, psyllium husk powder, onion powder, baking powder and salt in a large bowl. 0:55
2. In another bowl, separate the whites of 3 eggs (carton whites won't work), add 1 whole egg and the vinegar and beat briefly. 1:53
3. Stir the egg mixture into the dry ingredients, add the lukewarm water and beat with an electric mixer for no more than 15 seconds, then fold with a spatula to press out air pockets — it firms into a dough. 2:37
4. Heat the oven to 350 °F. Shape the dough into 5 buns on a lined baking tray with a spoon or spatula. 3:19
5. Sprinkle sesame seeds over the tops and press them in lightly with the spatula so they stay on. 3:49
6. Bake about 50 minutes until well browned, then cool before slicing. 4:13

> **Tip** Wet hands make shaping easier. Make more, smaller buns for sliders (bake a little less). Split and toast them before filling.

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

One portion (1 bun) gives you

1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
192 kcal	9.5 g	14 g	9.3 g	13 g	390 mg
800 kJ	19% of a day	4.3 g net · 1.5 g sugars	33% of a day	2 g saturated	17% of a day
		5% of a day		17% of a day	

Energy from net carbs 10% · protein 22% · fat 68% — fits keto: 4.3 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Omega-3 106% · Vitamin E 27% · Magnesium 20% · Selenium 20%

Source of (10–19%) Zinc 10%

Recipe and video: The Keto King (a.k.a The Banting Boss) (@TheKetoKingOfficial) on YouTube — youtube.com/watch?v=KdhXQ2c5fCk, published 31 March 2017. 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-sesame-hamburger-buns