AMERICAN · DESSERT · SNACK

Keto Zucchini Bread with Almond Flour and Cinnamon

75 min · plus cooling Makes 8 × 1 slice (1/8 loaf) 220 kcal a portion

Video 6:07 · Low Carb Recipes with Jennifer

Vegetarian Gluten-free ingredients

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Almond flour, eggs and fresh zucchini sweetened with Swerve: about 3 g net carbs and 7 g protein a slice, with no added sugar.

Diet notes: Keto (2.9 g net carbs a serve).

Ingredients

9 · MAKES 8 × 1 SLICE (1/8 LOAF)

- [ ] 190 g grated **zucchini** with peel (squeezed dry)
- [ ] 200 g **almond flour**
- [ ] 95 g **Swerve sweetener** (or Lakanto)
- [ ] ½ tsp **kosher salt**
- [ ] ½ tsp **ground cinnamon**
- [ ] 1 tsp **baking soda**
- [ ] 2 large **eggs**, beaten
- [ ] 55 g **butter**, melted
- [ ] **baking spray**, a little, for the loaf pan

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 175°C. Grate the zucchini on a box grater and measure out 350 ml. 0:32
2. Wrap the zucchini in a clean kitchen towel and squeeze out as much liquid as you can; set aside and squeeze again later. 1:33
3. In a large bowl mix the almond flour, Swerve, salt, cinnamon and baking soda. 2:23
4. Add the beaten eggs and melted butter and stir together. 3:06
5. Give the zucchini a final squeeze, add it to the bowl and stir until evenly mixed. 3:36
6. Spray an 20 × 10 cm loaf pan, press in the batter and bake about 1 hour, until a toothpick comes out clean and the top is brown. 4:05
7. Let it cool before cutting into 8 slices. 4:44

> **Tip** Fold in 120 ml walnuts or sugar-free chocolate chips before baking, as the cook suggests. Wrap the cooled loaf or slices and freeze up to 4 months.

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

One portion, 1 slice (1/8 loaf), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
220 kcal	7.2 g	6.4 g	3.4 g	20 g	270 mg
920 kJ	14% of a day	2.9 g net · 1.8 g sugars	12% of a day	5 g saturated	12% of a day
		2% of a day		25% of a day	

Energy from net carbs 5% · protein 13% · fat 82% — fits keto: 2.9 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Vitamin E 45%

Source of (10–19%) Magnesium 17%

Recipe and video: Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=VdldPXH2ljE, published 6 September 2019. 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-zucchini-bread-almond-flour