BRITISH · DESSERT · SAUCE

Sugar-Free Keto Lemon Curd

20 min · plus 2–3 hours chilling Makes 8 × 2 tbsp 59 kcal a portion

Video 4:32 · All Day I Dream About Food

Vegetarian | Gluten-free ingredients | Nut-free

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Eggs, lemon and butter sweetened with erythritol and allulose instead of sugar: 2 tbsp have under 1 g net carbs and no added sugar, with most of the energy from fat.

Diet notes: Keto (0.7 g net carbs a serve).

Ingredients

6 · MAKES 8 × 2 TBSP

- [ ] 2 large **eggs**
- [ ] about 2 tsp **freshly grated lemon zest** (from 1 lemon)
- [ ] 60 ml **freshly squeezed lemon juice** (about 1 lemon)
- [ ] 50 g **powdered Swerve** (confectioners erythritol)
- [ ] 2 tbsp **granular allulose** (Swerve allulose blend)
- [ ] 3 tbsp **butter**, cut into pieces

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

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Set a glass or ceramic bowl over a pan of barely simmering water (a metal bowl can give the curd a tinny taste). 1:07
2. Put the eggs, lemon zest, lemon juice, powdered erythritol and allulose in the bowl. 1:22
3. Whisk to combine, bring the water to a gentle simmer and keep whisking almost constantly; it can take 10–15 minutes to thicken, so don't walk away. 2:02
4. When it turns from clear to opaque and the whisk starts leaving tracks, lift the bowl off the pan straight away. 2:31
5. Add the butter pieces and whisk as they melt until smooth and creamy. 3:06
6. Chill for 2–3 hours until it firms up; press plastic wrap onto the surface if you don't want a skin. 3:20

> **Tip** Allulose keeps it soft; erythritol alone can turn gritty in the fridge. The video batch makes about 240 ml (serves are our estimate); the cook's written recipe uses 3 eggs. Keeps a week in a jar in the fridge.

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

One portion (2 tbsp) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
59 kcal	1.7 g	0.7 g	0.1 g	5.6 g	20 mg
250 kJ	3% of a day	0.7 g net · 0.4 g sugars	0% of a day	3.1 g saturated	1% of a day
		0% of a day		7% of a day	

Energy from net carbs 5% · protein 11% · fat 84% — fits keto: 0.7 g net carbs, 84% of the energy from fat

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=TOTPupSi_oo, published 5 April 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/sugar-free-keto-lemon-curd