AMERICAN · DESSERT · SAUCE

Sugar-Free Keto Whipped Cream with Vanilla Stevia

5 min | Makes 16 × 3 tbsp whipped | 50 kcal a portion | Video 4:55 · Serious Keto (Steve)

Vegetarian | Gluten-free ingredients | Nut-free

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Just cream and a few drops of stevia, with no corn syrup, starch or hydrogenated oil like a tub of sugar-free whipped topping: 3 tbsp have about 0.4 g net carbs and no added sugar.

Diet notes: Keto (0.4 g net carbs a serve).

Ingredients

2 · MAKES 16 × 3 TBSP WHIPPED

- [ ] 1 cup (just under 1 cup) **cold heavy whipping cream**
- [ ] **vanilla-flavoured liquid stevia** (SweetLeaf Vanilla Crème), about 1/2 dropperful, to taste

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Pour the cold heavy whipping cream into a deep bowl or large jug and add about half a dropperful of vanilla liquid stevia. 2:16
2. Start beating with a hand mixer (whisk attachment) on low, then gradually raise it to medium-high; going fast too soon splatters the cream. 2:30
3. Once the cream has roughly doubled in volume, turn the mixer to high and keep whisking as it thickens. 2:51
4. Finish by moving the beaters in small circles around the edges until you have stiff peaks, under 3 minutes in all. Taste and add a few more drops of stevia if you like. 3:03

> **Tip** Cream triples in volume when whipped, so 1 tbsp of liquid cream makes one 3 tbsp serve. Other flavoured stevia drops (chocolate, toffee, cinnamon) make easy variations. Whip it close to serving and keep it chilled.

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

One portion (3 tbsp whipped) gives you

1 OF 16 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
50 kcal	0.3 g	0.4 g	0 g	5.3 g	10 mg
210 kJ	1% of a day	0.4 g net · 0.4 g sugars	0% of a day	3.4 g saturated	0% of a day
		0% of a day		7% of a day	

Energy from net carbs 3% · protein 2% · fat 95% — fits keto: 0.4 g net carbs, 95% of the energy from fat

Recipe and video: Serious Keto (Steve) (@SeriousKeto) on YouTube — youtube.com/watch?v=hIpeqgnU0is, published 16 August 2024. 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-stevia-whipped-cream