AMERICAN · DESSERT · BREAKFAST

Carnivore Egg and Butter Cake with Whipped Cream

35 min · Makes 4 × 1 wedge (¼ cake) · 381 kcal a portion · Video 9:25 · Keto Twins

Carnivore · Vegetarian · Gluten-free ingredients · No nuts listed

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No flour, sugar or sweetener: a wedge with its cream is rich in vitamin A and a good source of selenium and vitamin B12, but at about 380 kcal and 23 g of saturated fat it is a rich, occasional treat.

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

Ingredients 3 · MAKES 4 × 1 WEDGE (¼ CAKE)

- [ ] 1 stick (4 oz) **butter**, melted
- [ ] 4 **eggs**
- [ ] 1 cup **heavy whipping cream**, whipped with no sweetener, to top (about half is eaten; our estimate)

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

Allergens found in the listed ingredients: Egg, Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350°F. Melt the stick of butter and let it cool for a couple of minutes until just warm, so it doesn't scramble the eggs. 3:10
2. Blend the 4 eggs until frothy, then pour in the warm melted butter and blend again until smooth. 3:43
3. Pour the batter into a nonstick cake or pie pan (grease it first if it isn't nonstick) and bake for 20 minutes. It puffs up dramatically, then sinks as it cools, like a Dutch baby pancake. 4:54
4. While it bakes, whip 1 cup heavy cream to soft, fluffy peaks with no sweetener. 5:40
5. Let the cake cool a little, cut it into wedges and top each with a dollop of the whipped cream. 6:29

> **Tip** The cooks add 1 tsp vanilla, which isn't carnivore; they suggest leaving it out for strict carnivore, as we do here. Serves 4 is our estimate (they split it between two). Expect a custardy, omelette-like texture.

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

One portion, 1 wedge (¼ cake), gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
381 kcal 1,590 kJ	7.2 g 14% of a day	1.4 g 1.4 g net · 1.4 g sugars 1% of a day	0 g 0% of a day	39 g 23 g saturated 50% of a day	80 mg 3% of a day

Energy from net carbs 1% · protein 7% · fat 92% — fits keto: 1.4 g net carbs, 92% of the energy from fat

High in (20%+ of a day) Vitamin A 43% · Selenium 30% · Vitamin B12 28%

Source of (10–19%) Omega-3 13% · Vitamin E 10%

Recipe and video: Keto Twins (@ketotwins) on YouTube — youtube.com/watch?v=ZmWL_wcYRYw, published 6 February 2025. 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/carnivore-egg-butter-cake-whipped-cream