AMERICAN · DESSERT · SNACK

90-Second Keto Microwave Cheesecake

5 min · plus 30 minutes to overnight chilling · Makes 1 × 1 ramekin · 341 kcal a portion

Video 9:16 · Low Carb Love

Vegetarian · Gluten-free ingredients · No nuts listed

Cream cheese and egg sweetened with allulose and cooked in 90 seconds: about 5 g net carbs with the berry topping, 10 g protein and no added sugar.

Diet notes: Keto (5.5 g net carbs a serve).

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Ingredients 8 · MAKES 1 × 1 RAMEKIN

- [ ] 57 g **cream cheese**, softened
- [ ] 1 large **egg**, at room temperature
- [ ] ¼ tsp **vanilla extract**
- [ ] 2 tbsp **powdered allulose**
- [ ] **avocado oil spray**, for the ramekin
- [ ] **whipped cream**, to top (optional)
- [ ] 1 **fresh strawberry**, to top (optional)
- [ ] a few **fresh blueberries**, to top (optional)

Amounts in metric 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. Whisk the softened cream cheese, egg, vanilla and powdered allulose in a bowl until smooth — a milk frother gets rid of any lumps. 1:13
2. Spray a 240 ml microwave-safe ramekin with avocado oil, pour in the batter and microwave for 90 seconds. 2:51
3. Let it cool, then chill for at least 20–30 minutes; the longer it sets (up to overnight), the denser and more cheesecake-like it becomes. 3:28
4. Eat it from the ramekin, or turn it out onto a plate as the cook does, and top with a little whipped cream, a strawberry and a few blueberries. 4:27

> **Tip** Make sure the cream cheese is fully softened so it sets well. The cook suggests mixing in peanut butter or chocolate chips (use sugar-free chips to keep it keto).

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

One portion (1 ramekin) gives you 1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
341 kcal	10 g	6 g	0.5 g	31 g	250 mg
1,430 kJ	21% of a day	5.5 g net · 4.7 g sugars	2% of a day	16 g saturated	11% of a day
		2% of a day		39% of a day	

Energy from net carbs 6% · protein 12% · fat 82% — fits keto: 5.5 g net carbs, 82% of the energy from fat

High in (20%+ of a day) Selenium 38% · Vitamin A 35% · Vitamin B12 29%

Source of (10–19%) Omega-3 17% · Vitamin C 11%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=Gt1uMcl0mAQ, published 19 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/keto-90-second-microwave-cheesecake