GLOBAL · DESSERT · SNACK

# Keto Almond Flour Sponge Cake (Sugar-Free)

45 min · plus cooling | Makes 8 × 1 slice (1/8 cake) | 121 kcal a portion | Video 3:30 · Savor Easy

Vegetarian | Gluten-free ingredients

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Almond flour and whipped eggs sweetened with stevia, with no flour or sugar: about 2 g net carbs and 6 g protein a slice.

**Diet notes:** Keto (2.2 g net carbs a serve); Low saturated fat (1.3 g, 9.6% of the energy); DASH-friendly (150 mg sodium a serve).

## Ingredients

10 · MAKES 8 × 1 SLICE (1/8 CAKE)

- [ ] 3 **egg yolks**
- [ ] 1 tsp **vanilla**
- [ ] 60 ml **milk**
- [ ] ¼ tsp (2 g) **salt**
- [ ] 112 g **almond flour**
- [ ] ½ tsp **baking powder**
- [ ] 3 **egg whites**
- [ ] ½ tsp **vinegar**
- [ ] 2–3 tbsp **granulated stevia** (or any sweetener you prefer)
- [ ] some **flaked almonds**, for the top (about 2 tbsp)

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

**Allergens found in the listed ingredients:** Egg, Milk, Tree nuts. 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 180°C. Whisk the egg yolks with the vanilla, then whisk in the milk and salt. 0:16
2. Add the almond flour and baking powder and mix well into a thick batter. 0:38
3. In another clean bowl whisk the egg whites with the vinegar (by hand or with a mixer). When frothy, add the stevia and keep beating to stiff peaks. 0:58
4. Stir a dollop of the whites into the almond batter to loosen it, then add the rest and fold in gently. 1:34
5. Pour into an 20 × 10 cm loaf pan lined with baking paper and scatter flaked almonds over the top. 2:28
6. Bake 20–25 minutes, until golden and set. 2:52
7. Let it cool down, then slice and serve. 2:58

> **Tip** The cook gives no number of slices; 8 is our estimate for the loaf. Whisking the whites by hand works; a hand mixer is faster. Baking time depends on your oven.

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

## One portion, 1 slice (1/8 cake), gives you

1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 121 kcal | 5.9 g | 4.1 g | 1.9 g | 9.5 g | 150 mg |
| 510 kJ | 12% of a day | 2.2 g net · 1.2 g sugars<br>1% of a day | 7% of a day | 1.3 g saturated<br>12% of a day | 7% of a day |

**Energy from** net carbs 7% · protein 20% · fat 73% — fits keto: 2.2 g net carbs, 73% of the energy from fat

**High in** (20%+ of a day) Vitamin E 27%

**Source of** (10–19%) Selenium 12% · Magnesium 10%

**Recipe and video:** Savor Easy (@SavorEasy) on YouTube — youtube.com/watch?v=rY7aAsnqhBI, published 1 September 2022. 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-almond-sponge-cake-stevia