AMERICAN · DESSERT

# Thick Keto Cheesecake with Almond Crust

160 min · Serves 12 · 597 kcal a serve · Video 9:42 · Low Carb Recipes with Jennifer

Vegetarian · Gluten-free ingredients

A rich, sugar-free cheesecake sweetened with erythritol, with an almond-flour crust: about 8 g net carbs a slice and no added sugar.

**Diet notes:** Keto (7.9 g net carbs a serve).

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## Ingredients 10 · SERVES 12

- [ ] 168 g **almond flour**
- [ ] 50 g **confectioner's Swerve** (powdered erythritol), for the crust
- [ ] 1 tsp **cinnamon**
- [ ] 6 tbsp (84 g) **butter**, melted
- [ ] 1.4 kg (6 × 230 g bricks) **full-fat cream cheese**, softened
- [ ] 5 large **eggs**, room temperature
- [ ] 1 tbsp **vanilla extract**
- [ ] 380 g **confectioner's Swerve** (powdered erythritol), for the filling
- [ ] 227 g **full-fat sour cream**, room temperature
- [ ] sliced **strawberries**, to serve (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, 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. Stir the almond flour, cinnamon and Swerve together, then mix in the melted butter. Press evenly over the base and halfway up the sides of a 23–25 cm springform pan, leaving no gaps, and chill 20 minutes to firm up. 0:35
2. Heat the oven to 150°C. Beat the softened cream cheese until smooth. 2:57
3. Beat in the eggs one at a time, scraping down the bowl, then the vanilla. Add the powdered Swerve a third at a time, then the sour cream, and beat just until smooth. 3:27
4. Pour the filling into the crust and level the top. Bake about 1 hour (no water bath), checking from 50 minutes: the centre should still jiggle a little. 5:57
5. Turn the oven off, open the door and leave the cheesecake inside about an hour, then refrigerate overnight to set. Serve topped with sliced strawberries and a dusting of powdered Swerve if you like. 6:54

> **Tip** Time excludes the overnight chill. Slices are large (12 per cake); cut 16 for smaller portions. Freezes well in slices.

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

## One serve gives you 1 OF 12 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 597 kcal | 13 g | 10 g | 2.1 g | 57 g | 400 mg |
| 2,500 kJ | 26% of a day | 7.9 g net · 5.9 g sugars | 8% of a day | 28 g saturated | 17% of a day |
| | | 4% of a day | | 73% of a day | |

**Energy from** net carbs 5% · protein 9% · fat 86% — fits keto: 7.9 g net carbs, 86% of the energy from fat

**High in** (20%+ of a day) Vitamin A 51% · Vitamin E 34% · Selenium 32% · Omega-3 25% · Vitamin B12 22%

**Source of** (10–19%) Calcium 14% · Magnesium 13% · Zinc 12%

**Recipe and video:** Low Carb Recipes with Jennifer (@lowcarbwithjennifer) on YouTube — youtube.com/watch?v=uFny5hieLR8, published 23 February 2019. 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-cheesecake-almond-crust-jennifer