BRITISH · DESSERT

Sugar-Free Eton Mess with Strawberries

60 min · Makes 4 × 1 small bowl · 149 kcal a portion · Video 8:06 · HK's Keto & Low Carb Recipes

Vegetarian · Gluten-free ingredients · No nuts listed

Strawberries, whipped cream and an erythritol meringue: no added sugar and about 3 g net carbs a bowl, with about a fifth of a day's vitamin C from the berries.

Diet notes: Keto (3.2 g net carbs a serve).

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Ingredients 9 · MAKES 4 × 1 SMALL BOWL

- [ ] 3½ oz **strawberries**, finely diced
- [ ] 2 **egg whites**
- [ ] 1/4 tsp **cream of tartar** (or a few drops of lemon or lime juice)
- [ ] 1/2 tsp **vanilla extract**, for the meringue
- [ ] 1 1/2 tbsp **powdered erythritol**
- [ ] ⅔ cup **heavy whipping cream**
- [ ] 1/2 tsp **vanilla extract**, for the cream
- [ ] about 7 drops **liquid stevia**, to taste
- [ ] 2 **strawberries**, halved, to serve

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 250°F and line a tray with a silicone mat or parchment. If your erythritol is granulated, grind it to a powder first so it dissolves. 1:14
2. Whisk the egg whites until frothy, add the cream of tartar and keep whisking. As they near soft peaks, add the powdered erythritol and half the vanilla and whisk to soft peaks. 2:03
3. Spread the meringue on the tray and bake about 30 minutes, until cooked through. Cool 15 minutes, then peel it off. 2:42
4. Whip the cream with the remaining vanilla and stevia to soft peaks and chill it while the meringue cools. 3:19
5. Fold the diced strawberries into the cream, then tear in the meringue and fold together. Spoon into 4 small bowls, chill, and top each with half a strawberry. 4:08

> **Tip** If the meringue hasn't coloured after 30 minutes at 250°F, the cook's page suggests 2–3 minutes at 350°F. For a variation he layers the meringue under the cream and adds a sugar-free berry purée on top.

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

One portion (1 small bowl) gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
149 kcal	2.8 g	3.8 g	0.6 g	14 g	40 mg
620 kJ	6% of a day	3.2 g net · 2.8 g sugars	2% of a day	8.6 g saturated	2% of a day
		1% of a day		17% of a day	

Energy from net carbs 9% · protein 7% · fat 84% — fits keto: 3.2 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin C 21%

Source of (10–19%) Vitamin A 17%

Recipe and video: HK's Keto & Low Carb Recipes (@HKKetoRecipes) on YouTube — youtube.com/watch?v=gTxdbS11A9c, published 24 January 2018. 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-eton-mess-strawberries