JAPANESE · DESSERT

Keto Japanese Cotton Cheesecake (Flourless)

135 min · plus chilling (best overnight) · Makes 8 × 1 slice (1/8 cake) · 219 kcal a portion

Video 8:50 · lowcarbrecipeideas

Vegetarian · Gluten-free ingredients · No nuts listed

A crustless cheesecake lifted with whipped egg whites and sweetened with monk fruit: about 2.5 g net carbs and 7 g protein a slice, with no flour or sugar.

Diet notes: Keto (2.4 g net carbs a serve).

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Ingredients

10 · MAKES 8 × 1 SLICE (1/8 CAKE)

- [ ] 1 cup **cream cheese**
- [ ] 2 tbsp (1 oz) **unsalted butter**
- [ ] 1/4 cup **whipping cream**
- [ ] 1/4 cup shredded **cheddar** (or mozzarella)
- [ ] 4 large **eggs**, separated
- [ ] **Sweetener (erythritol or monk fruit)**: 1/2 cup monk fruit or erythritol sweetener
- [ ] 1 tbsp **lemon juice** (optional)
- [ ] 1 tsp **lemon zest** (optional)
- [ ] sliced **strawberries**, to serve (optional)
- [ ] **powdered monk fruit sweetener** (Lakanto), for dusting (optional)

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 300°F, top and bottom heat without fan. In a bowl over a pan of barely simmering water, whisk the cream cheese, butter, cream and cheddar until melted and smooth. 1:03
2. Take the bowl off the heat and whisk in the egg yolks one at a time, then the lemon juice and zest if using. 1:36
3. Beat the 4 egg whites with a hand mixer on high, adding the sweetener gradually, until stiff, shiny peaks form (about 5 minutes). 2:21
4. Gently fold half the meringue into the cheese mixture with a whisk, then fold in the rest with a spatula, scooping from the bottom so the air stays in. 3:35
5. Grease a 6 inch springform pan, line it with baking paper that stands above the rim and wrap the outside in foil. Pour in the batter and tap the pan to release bubbles. 4:35
6. Stand the pan in a large dish of hot water 1–2 inches deep and bake on the lowest rack for about 90 minutes, until the top feels firm. 6:10
7. Lift out of the water, cool 20 minutes, then unmould and chill, ideally overnight. Serve in 8 slices, or warm as a soufflé topped with sliced strawberries and a dusting of powdered sweetener. 6:45

> **Tip** The cook's written recipe bakes in stages instead (50 min at 250°F, 30 min at 300°F, 10 min at 350°F); every oven differs, so bake until firm on top.

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
219 kcal	7 g	2.7 g	0.2 g	20 g	170 mg
920 kJ	14% of a day	2.4 g net · 2 g sugars	1% of a day	11 g saturated	7% of a day
		1% of a day		26% of a day	

Energy from net carbs 4% · protein 13% · fat 83% — fits keto: 2.4 g net carbs, 83% of the energy from fat

High in (20%+ of a day) Vitamin A 22% · Selenium 21%

Source of (10–19%) Vitamin B12 17% · Omega-3 10%

Recipe and video: lowcarbrecipeideas (@lowcarbrecipeideas) on YouTube — youtube.com/watch?v=WRm1lpFNh6A, published 23 April 2020. 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-japanese-cotton-cheesecake