AMERICAN · DESSERT

Sugar-Free Pecan Pie with Almond Flour Crust

80 min · plus cooling and 1 hour chilling Makes 12 × 1 slice 530 kcal a portion

Video 10:24 · Wholesome Yum

Vegetarian Gluten-free ingredients

A monk fruit–allulose blend caramelises like sugar, so this has about 4 g net carbs a slice. The pecans and almond crust give about 40% of a day's vitamin E. It is very rich (about 530 kcal a slice), so keep slices small.

Diet notes: Keto (3.9 g net carbs a serve).

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Ingredients

16 · MAKES 12 × 1 SLICE

- [ ] a little **butter**, for greasing the pan
- [ ] 2 1/2 cups **blanched almond flour**, for the crust
- [ ] 1/4 cup **monk fruit allulose sweetener** (Besti, granulated), for the crust
- [ ] 1/4 tsp **sea salt**, for the crust
- [ ] 1/4 cup (4 tbsp) **butter**, melted, for the crust
- [ ] 1/2 tsp **vanilla extract**, for the crust
- [ ] 1 large **egg**, for the crust
- [ ] 3/4 cup **butter**, for the filling
- [ ] 3/4 cup **monk fruit allulose sweetener** (Besti powdered), for the filling
- [ ] 1 1/2 cups **heavy cream**
- [ ] 1 tsp **sea salt**, for the filling
- [ ] 1/2 tbsp **vanilla extract**, for the filling
- [ ] 3/4 tsp **maple extract**
- [ ] 1 large **egg**, at room temperature, for the filling
- [ ] 2 cups **pecans**, coarsely chopped
- [ ] 1/2 cup **pecan halves**, for the top

Amounts in US 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 350°F. Line the base of a 9 inch pie pan with parchment and grease the sides well with butter. 2:06
2. Whisk the almond flour, granulated sweetener and 1/4 tsp salt. Mix the melted butter with 1/2 tsp vanilla, add it and the egg, and knead into a ball. Press into the pan, flute the edge, prick the base and bake about 10 minutes. 2:49
3. Meanwhile, melt the 3/4 cup butter with the powdered sweetener in your largest skillet over low heat until it sizzles and turns golden. Carefully add the cream and 1 tsp salt and simmer 15–20 minutes, until thick and caramel-like. 4:42
4. Off the heat, stir in the vanilla and maple extracts. Cool the caramel and the crust 15–20 minutes, until warm but not hot, then whisk in the beaten egg until smooth and glossy. 6:05
5. Spread the chopped pecans in the crust, pour over the caramel and arrange the pecan halves on top. Cover the crust edge with foil or a pie shield. 6:49
6. Bake 30–35 minutes, until dark on top, bubbling and almost set (it may still look a little wet). Cool completely, then chill at least 1 hour before cutting into 12. 8:04

> **Tip** Dairy-free: the cook swaps butter-flavoured coconut oil for the butter and full-fat canned coconut milk for the cream. If you use a sweetener other than an allulose blend, make sure it is powdered so the filling isn't gritty.

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

One portion (1 slice) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
530 kcal	8.3 g	8.7 g	4.7 g	54 g	270 mg
2,220 kJ	17% of a day	3.9 g net · 2.9 g sugars	17% of a day	19 g saturated	12% of a day
		3% of a day		69% of a day	

Energy from net carbs 3% · protein 6% · fat 91% — fits keto: 3.9 g net carbs, 91% of the energy from fat

High in (20%+ of a day) Vitamin E 43% · Vitamin A 30% · Omega-3 24% · Magnesium 21%

Source of (10–19%) Zinc 17% · Selenium 10%

Recipe and video: Wholesome Yum (@WholesomeYum) on YouTube — youtube.com/watch?v=ODvHMCt2DkU, published 10 November 2021. 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-pecan-pie-caramel-filling