AMERICAN · DESSERT · SNACK

Keto Pecan Pralines (Sugar-Free)

15 min · plus 1 hour setting · Makes 12 × 1 praline · 166 kcal a portion

Video 4:21 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients

Roasted pecans in a butter-and-cream caramel sweetened with erythritol instead of brown sugar: under 1 g net carbs and under 1 g sugar a praline.

Diet notes: Keto (0.7 g net carbs a serve).

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Ingredients 5 · MAKES 12 × 1 PRALINE

- [ ] 1 cup **raw pecans**
- [ ] 1 stick (4 oz) **salted butter**, cut into pieces
- [ ] heaping ⅓ cup **confectioners erythritol sweetener** (Swerve)
- [ ] ½ cup **heavy cream**
- [ ] 1 tsp **vanilla extract**

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

Allergens found in the listed ingredients: 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 400°F. Measure out the pecans, cut the butter into pieces and have the sweetener and cream ready. 0:36
2. Spread the pecans on a baking sheet lined with baking paper and roast for a couple of minutes, just until fragrant. 1:46
3. Meanwhile melt all but 1 tbsp of the butter in a pan over medium heat, add the sweetener and cream, and keep stirring so it doesn't burn until it turns a caramel colour. 2:04
4. Turn off the heat and stir in the reserved butter and the vanilla until melted. 2:52
5. Tip in the roasted pecans and stir to coat them in the praline mixture. 3:13
6. Drop tablespoons onto a lined baking sheet to make about 12 pralines and refrigerate for about 1 hour, until set. 3:27

> **Tip** The cook says 8 ounces of cream in the video, but his written recipe and notes confirm 4 fl oz is right. Keep the pralines in the fridge.

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

One portion (1 praline) gives you 1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
166 kcal	1.1 g	1.6 g	0.9 g	18 g	60 mg
700 kJ	2% of a day	0.7 g net · 0.7 g sugars	3% of a day	7.7 g saturated	3% of a day
		1% of a day		23% of a day	

Energy from net carbs 2% · protein 3% · fat 95% — fits keto: 0.7 g net carbs, 95% of the energy from fat

Source of (10–19%) Vitamin A 12%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=MhG9ewKDZ8Q, published 5 April 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-pralines