AMERICAN · DESSERT

Keto Red Velvet Cupcakes with Cream Cheese Frosting

45 min · plus cooling | Makes 12 × 1 cupcake | 328 kcal a portion | Video 8:14 · Keto Connect

Vegetarian | Gluten-free ingredients

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Almond and coconut flour, eggs and butter sweetened with erythritol and stevia: about 3 g net carbs and 8 g protein a cupcake, with no added sugar.

Diet notes: Keto (3.3 g net carbs a serve).

Ingredients 19 · MAKES 12 × 1 CUPCAKE

- [ ] 150 g **almond flour**
- [ ] 3 tbsp **coconut flour**
- [ ] 95 g **erythritol**
- [ ] 2 tbsp **unsweetened cocoa powder**
- [ ] 2 tsp **baking powder**
- [ ] ½ tsp **baking soda**
- [ ] ½ tsp **pink salt**
- [ ] 110 g **butter**, melted
- [ ] **liquid stevia**, ½ tsp (about 50 drops)
- [ ] 2 tsp **vanilla extract**
- [ ] 2 tsp **distilled white vinegar**
- [ ] 1 tsp **red food colouring** (natural if you can find it)
- [ ] 6 large **eggs**, room temperature
- [ ] 110 g (1 stick) **butter**, room temperature (frosting)
- [ ] 230 g (1 package) **full-fat cream cheese**, room temperature (frosting)
- [ ] 1 tsp **vanilla extract** (frosting)
- [ ] 1 tbsp **heavy cream** (frosting)
- [ ] 95 g **powdered erythritol** (frosting)
- [ ] **liquid stevia**, 20 drops (frosting)

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. Heat the oven to 175°C. In a bowl mix the almond flour, coconut flour, erythritol, cocoa, baking powder, baking soda and salt. 0:11
2. Melt the butter, then stir in the liquid stevia, vanilla, white vinegar and red food colouring. 1:27
3. Add the eggs and blend with a hand mixer, then beat in the dry ingredients in two parts to a thick batter. 3:05
4. Spoon into a lined or greased 12-hole muffin tin, about three-quarters full, flatten the tops and bake 20–25 minutes, until a toothpick comes out clean. 4:02
5. For the frosting, beat the butter and cream cheese until smooth, then beat in the vanilla, cream, powdered erythritol and stevia until fluffy. Chill while the cupcakes cool. 5:11
6. Cool the cupcakes completely (30–45 minutes), then spread or pipe on the frosting. 6:30

> **Tip** The cook uses just 1 tsp of colouring and recommends a natural one if you can find it. Keeps up to 7 days in an airtight container in the fridge.

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

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

ENERGY	PROTEIN	CARBOHYDRATE
328 kcal 1,370 kJ	7.7 g 15% of a day	5.7 g 3.3 g net · 1.7 g sugars 2% of a day

FIBRE	FAT	SODIUM
2.4 g 9% of a day	31 g 15 g saturated 40% of a day	320 mg 14% of a day

Energy from net carbs 4% · protein 10% · fat 86% — fits keto: 3.3 g net carbs, 86% of the energy from fat

High in (20%+ of a day) Vitamin E 27% · Vitamin A 25%

Source of (10–19%) Selenium 19% · Vitamin B12 15% · Magnesium 11%

Recipe and video: Keto Connect (@KetoConnect) on YouTube — youtube.com/watch?v=KOqNZAKyVYg, published 11 April 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-red-velvet-cupcakes