GLOBAL · LUNCH · SIDE

Keto Hamburger Buns with Sesame Seeds

65 min · Makes 5 × 1 bun · 192 kcal a portion · Video 5:43 · The Keto King (a.k.a The Banting Boss)

Vegetarian · Paleo · Gluten-free ingredients · No dairy listed

Almond, coconut, flax and psyllium make a grain-free bun with 9 g fibre for 4.3 g net carbs, and the flax gives a day's plant omega-3 (ALA).

Diet notes: Keto (4.3 g net carbs a serve); Low saturated fat (2 g, 9% of the energy).

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Ingredients 12 · MAKES 5 × 1 BUN

- [ ] 75 g **almond flour**
- [ ] 30 g **coconut flour**
- [ ] 37 g **flaxseed meal**
- [ ] 20 g (⅙ cup) **psyllium husk powder**
- [ ] 1 tsp (5 g) **baking powder**
- [ ] 1 tsp **onion powder**
- [ ] **salt** to taste (or ½ tsp)
- [ ] **whites of 3 eggs** (not carton egg whites)
- [ ] 1 whole **egg**
- [ ] 1 tsp (5 ml) **apple cider vinegar**
- [ ] 235 ml **lukewarm water**
- [ ] **untoasted sesame seeds**, to sprinkle

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

Allergens found in the listed ingredients: Egg, Tree nuts, Sesame, Sulphites. 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. Mix the almond meal, coconut flour, flaxseed meal, psyllium husk powder, onion powder, baking powder and salt in a large bowl. 0:55
2. In another bowl, separate the whites of 3 eggs (carton whites won't work), add 1 whole egg and the vinegar and beat briefly. 1:53
3. Stir the egg mixture into the dry ingredients, add the lukewarm water and beat with an electric mixer for no more than 15 seconds, then fold with a spatula to press out air pockets — it firms into a dough. 2:37
4. Heat the oven to 180 °C. Shape the dough into 5 buns on a lined baking tray with a spoon or spatula. 3:19
5. Sprinkle sesame seeds over the tops and press them in lightly with the spatula so they stay on. 3:49
6. Bake about 50 minutes until well browned, then cool before slicing. 4:13

> **Tip** Wet hands make shaping easier. Make more, smaller buns for sliders (bake a little less). Split and toast them before filling.

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

One portion (1 bun) gives you 1 OF 5 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
192 kcal 800 kJ	9.5 g 19% of a day	14 g 4.3 g net · 1.5 g sugars 5% of a day	9.3 g 33% of a day	13 g 2 g saturated 17% of a day	390 mg 17% of a day

Energy from net carbs 10% · protein 22% · fat 68% — fits keto: 4.3 g net carbs, 68% of the energy from fat

High in (20%+ of a day) Omega-3 106% · Vitamin E 27% · Magnesium 20% · Selenium 20%

Source of (10–19%) Zinc 10%

Recipe and video: The Keto King (a.k.a The Banting Boss) (@TheKetoKingOfficial) on YouTube — youtube.com/watch?v=KdhXQ2c5fCk, published 31 March 2017. 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-sesame-hamburger-buns