GLOBAL · DESSERT · SAUCE

Sugar-Free Keto Condensed Milk with Allulose

45 min · plus 30 minutes chilling · Makes 20 × about 1 1/2 tbsp · 123 kcal a portion

Video 9:17 · Low Carb Love

Vegetarian · Gluten-free ingredients · No nuts listed

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Cream and butter reduced with allulose instead of sugar, so it has no added sugar and under 1 g net carbs a serve, where regular sweetened condensed milk is mostly sugar.

Diet notes: Keto (0.9 g net carbs a serve).

Ingredients

5 · MAKES 20 × ABOUT 1 1/2 TBSP

- [ ] 590 ml **heavy cream**
- [ ] 4 tbsp (1/2 stick) **unsalted butter**
- [ ] 210 g **allulose**
- [ ] 1 tsp **vanilla extract**
- [ ] a dash of **salt**

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

Allergens found in the listed ingredients: 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. With the heat still off, pour the heavy cream into a saucepan. 2:32
2. Add the butter (no need to melt it first), the allulose, the vanilla and a dash of salt. 2:42
3. Set over medium-low heat, stir to blend and bring to a boil. Stay close: it can foam up and boil over quickly. 3:20
4. Turn the heat to low and simmer for 30–40 minutes, until reduced by about half and slightly thickened. It will still look runny; allulose gives it a light caramel colour. 5:03
5. Turn off the heat once it has reduced by about half; it is meant to be runny while hot. 5:27
6. Let it cool on the stovetop, where it starts to thicken, then pour it into a glass jar and refrigerate for at least 30 minutes; it thickens more as it chills and even more overnight. 5:58

> **Tip** Erythritol or monk fruit work too but stay paler and may taste cooling, the cook notes. Use it in no-churn ice cream, on strawberries or in coffee. Keep it in the fridge.

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

One portion (about 1 1/2 tbsp) gives you

1 OF 20 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
123 kcal	0.7 g	0.9 g	0 g	13 g	20 mg
510 kJ	1% of a day	0.9 g net · 0.9 g sugars	0% of a day	8.3 g saturated	1% of a day
		0% of a day		17% of a day	

Energy from net carbs 3% · protein 2% · fat 95% — fits keto: 0.9 g net carbs, 95% of the energy from fat

Source of (10–19%) Vitamin A 16%

Recipe and video: Low Carb Love (@LowCarbLove) on YouTube — youtube.com/watch?v=uJCKCGZwTfs, published 9 July 2025. 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/sugar-free-keto-condensed-milk